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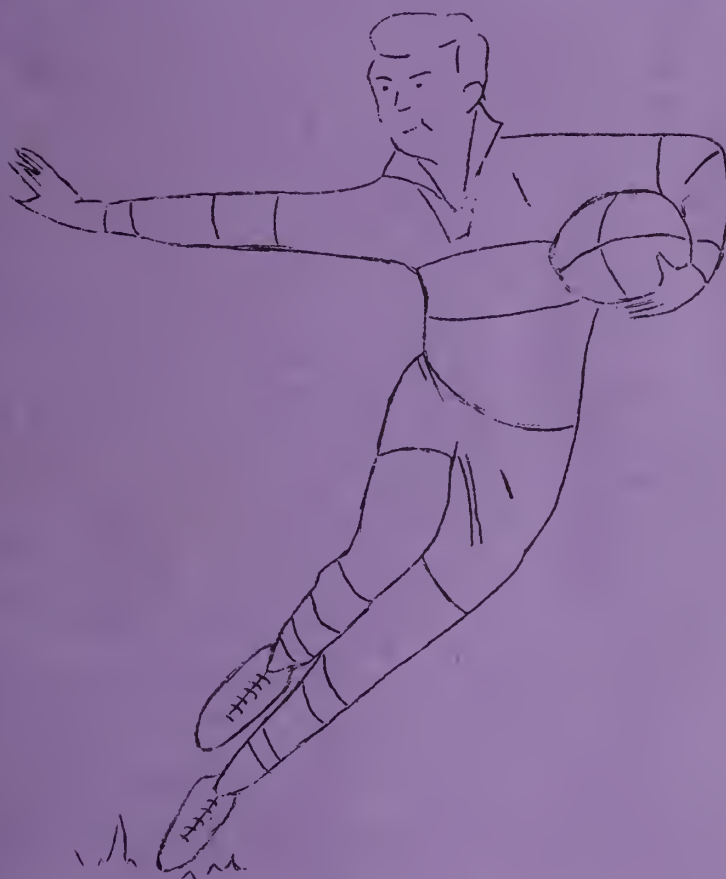
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PHYSICAL EDUCATION

Jr. & Sr. High Schools

RUGBY

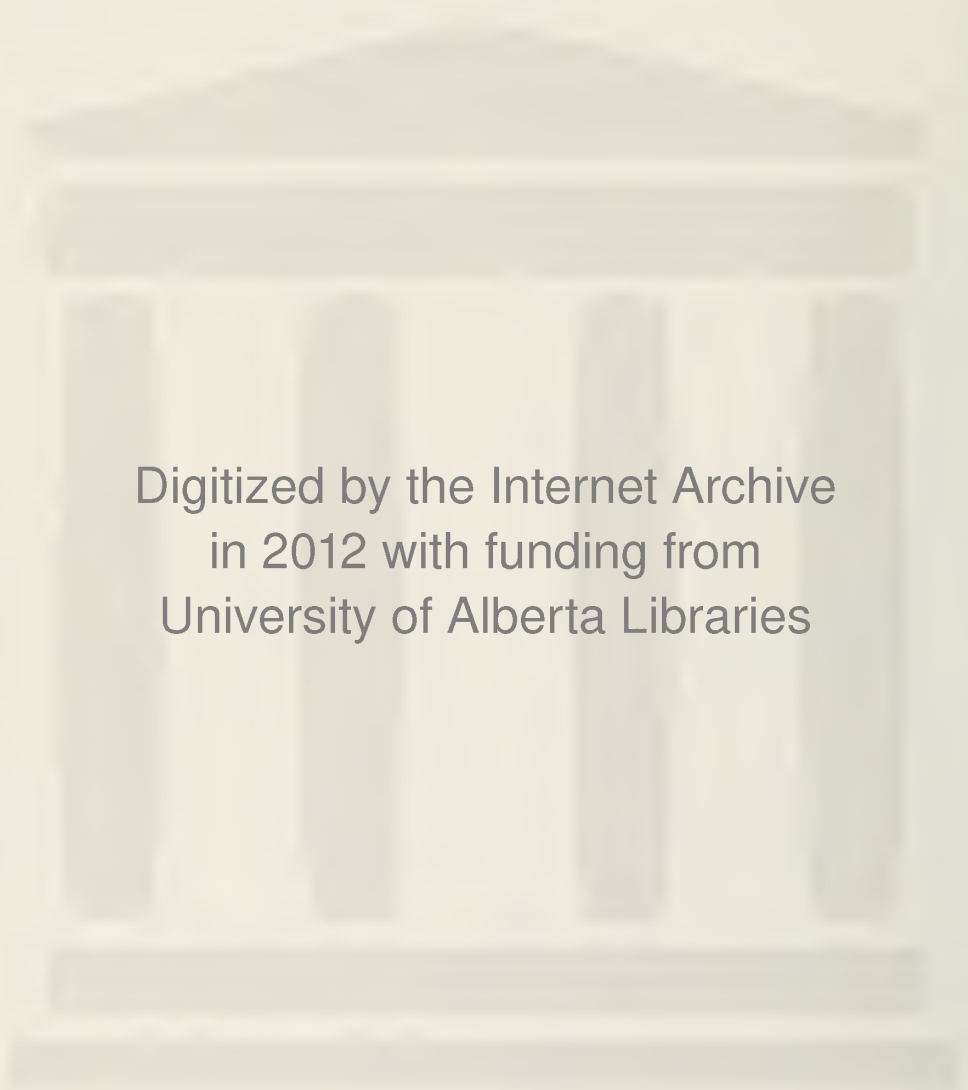


DEPARTMENT OF EDUCATION
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A C K N O W L E D G E M E N T

This outline on Rugby has been prepared under the supervision of the Junior - Senior High School Subcommittee on Physical Education with the special assistance of Mr. Kit Leroy of Mount Royal College in Calgary.



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I N T R O D U C T I O N

HISTORY

Rugby is a type of football which takes its name from the famous English public preparatory school. Tradition has it that rugger began one Saturday afternoon in England in 1823 during a soccer match at Rugby School. A student, William Ellis, "with a fine disregard for the rules of the game", picked up the ball and ran with it. To begin with, other schools called it Rugby's game. Since then the game has spread throughout the world until today it is played on every continent. Today, South Africa, New Zealand, and Australia dominate international rugby.

The game was introduced to Canada in the latter part of the last century, but did not become popular until after the Second World War. The post-war growth of the game was started by immigrants from the British Isles. However, in recent years, native Canadians have dominated Canadian rugby.

OBJECTIVES AND DESCRIPTION OF THE GAME

Rugby is often compared with football. While the basic objective of each game is similar, there are many differences. For example, the number of players differs. A rugby team consists of eight forwards, who can be compared to football linemen, and seven backs. However, rugby forwards handle the ball frequently and often score as many points as the backs.

Other differences are apparent. The rules forbid the wearing of protective padding or helmets. However, forwards may use soft leather scrum caps to protect their ears. The uniform consists of a jersey, shorts, socks and soccer or football boots.

The object of the game is to advance the ball over your opponent's goal line and touch it down. This can be done by kicking, dribbling, or carrying the ball. The only illegal method of advancing the ball is to throw the ball forward. It should also be noted that blocking an opponent is illegal and is regarded as being very dangerous. (Blocking differs from tackling in that blocking is done by the body, tackling with the hands and arms).

To start the game, a football style kick-off is used. Play is continuous, stopping only when the ball goes out of bounds or when a rule is violated. This means that if a player is tackled he must release the ball immediately and roll away from it.

After a minor infraction of the rules, play is re-started by a set scrum or scrummage (also known as scrummage). This occurs when players from each team line up facing one another and a player from the non-offending team drops the ball between the lines. Each player tries to "heel out" the ball or kick it backwards to his teammates. Major infringements of the rules call for a penalty kick against the offending team.

When the ball goes out of bounds it is put into play by a winger who throws the ball into a line-out, which is formed by the two sets of forwards who line up in two parallel files facing the sideline. The ball is thrown in by one of the backs so that it comes down between the two files of forwards, some of whom jump to gain possession of the ball.

The backs are positioned at all times to break towards the opponents' goal line any time the ball is passed back to them, or to tackle their opposite numbers if they get the ball.

Scoring is relatively simple. A successful drop kick, penalty kick, and touching the ball down over the goal line (called a try) all are worth three points each. A successful conversion is worth two points and is always kicked from a point on a line parallel to, and equidistant from the sideline to the point where the ball was touched down in the goal area.

The purpose of defence is to stop any opponent with the ball by tackling him; to intercept all passes; and to regain possession of the ball.

The spirit of rugby is rarely seen in other contact sports. For example, when the game is over it is customary for players to line up at the exit of the field and clap for the opponents as they run off.

Rugby is the only contact sport that can be carried on after one leaves school or college as there are many clubs which one can join at nominal cost.

Almost every physical type can find a spot on a rugger team. Forwards tend to be large, heavy and strong, although there are many outstanding small forwards. Backs tend to be smaller than forwards as speed and agility are more important than strength. Regardless of what position one plays, it is essential that the rugger player be in top physical condition.

TEAM PLAY DEFINITIONS

Tight Forward Play is that part of the game which takes place in "set" play, such as the scrummage and the lineout.

General Play follows tight play. It consists of two main parts:

- a) General Forward Play - These are activities of forwards in attack and defence after the ball has left the set pieces.
- b) General Back Play - This occurs when the ball moves along the 3/4 line (backline) to the wings and the opponents try to prevent a breakthrough.

Broken Play is play deviating from general play before the ball reaches the wing. This usually occurs when a back kicks or successfully breaks the opponents' defence line.

Broken Down Play occurs when an attacking movement fails or where bad handling occurs. Broken play can also be broken down.

Loose Play occurs when the ball has become loose or general play has broken down.

Loose Scrummage is formed by one or more players from each team in physical contact and on their feet closing round the ball when it is on the ground between them. (Law 15) There are three types of loose scrummage:

- a) Attacking Loose Scrummage occurs in front of your forwards.
- b) Defensive Loose Scrummage occurs behind your forwards.
- c) Neutral Loose Scrummage occurs to the side of the forwards.

Special Play includes penalty kicks, dropouts, and kickoffs.

Object of Forward Play is to gain possession in tight and loose play. To maintain a clear cut line of demarcation between tight and loose play.

Object of Back Play, offensively, is to achieve broken play through perfection of general back play. To avoid broken down play at all costs. Defensively, it is used to break down opponent's general and broken play.

RULES

Knock On is the act of propelling the ball towards the opponents' goal line with the hands or arms. This is illegal and is penalized by awarding a scrummage to the non-offending side. (Law 14)

Drop-out is a drop-kick taken by the defending team after a touch down or after the ball has touched or crossed the touch-in-goal or dead-ball line. (Law 22)

Free Kick is allowed for a fair-catch, it may be taken by a place kick, drop-kick, or punt. (Law 23)

Try is obtained by the act of an attacking player first grounding the ball in his opponent's in-goal (end zone) (Law 26)

Touch-Down is obtained by the act of a defending player first grounding the ball in his own in-goal. (Law 26)

Fair-Catch is obtained when a player clearly catches the ball direct from a kick, knock-on, or throw forward by one of the opposing team if at the same time the catcher makes a mark on the ground with his heel (the toe being raised) and exclaims 'Mark'. (Law 2)

Tackle occurs when a player in possession of the ball in the field-of-play is held by one or more players of the opposing team so that while he is so held:

- a) there is a moment when he cannot pass or otherwise play the ball, or
- b) the ball comes in contact with the ground. (Law 16)

Scrum-half is a half back who tosses the ball into the scrummage and receives the ball if his forwards manage to heel it out.

Crease is a restricted area in front of a goal where only a goal keeper is allowed.

Hooker is the man in the center of the scrum.

I N D I V I D U A L S K I L L S A N A L Y S I S

FOOTWORK

Rugby is essentially a "handling" game. However, the feet may be used to handle the ball when a territorial advantage will result and when regaining possession is certain.

Therefore, tactical kicking is justified on the following occasions:

1. When there is a chance of a field goal.
2. When a kick behind the line of opposing backs is required to keep opponents in depth on defence.
3. When an abrupt change in the direction of attack is planned.
4. When it is necessary to clear on defence.
5. When a short, lofted kick is required to create a ruck (loose scrum) in a specific place.
6. When weather conditions, such as wind or rain, make increased use of kicking desirable.
7. When it is intended to make use of a specific handling weakness by a member of the opposition.*

1. The Punt (for Right Foot)

- a) Learn to kick with both feet.
- b) Hold ball low in front of body with front of ball pointing down and diagonally from right to left.

* Ron Jarden, Rugby on Attack. (Christchurch: Whitcombe and Tombs Ltd., 1961) p. 89.

- c) Drop ball on to instep of right foot.
- d) Kicking toe pointed down and in; contact made along outside of instep from toe to ankle.
- e) Contact ball relatively close to ground.
- f) Swing kicking foot slightly across bottom of ball.
- g) Both knees straight at moment of contact.

2. The Drop Kick

Basically the same as punt, except:

- a) Ball is dropped to ground well in front of body.
- b) Instep contacts ball a split second after it contacts ground.
- c) Keep eyes on ball and head down.

3. Place Kicking (Upright Method)

- a) Make a circular hole in ground with heel.
- b) Stand ball upright in hole--laces pointing to the goal posts.
- c) Kicking foot behind ball--grounded foot beside it.
- d) Take 3 to 6 paces back in line with intended flight.
- e) Stand feet together--kicking toe, ball, aiming point lined up.
- f) Approach--smooth, balanced, controlled, never "charge" the ball--head down, and eyes on the ball.
- g) Moment of contact--toe of kicking foot contacts lower third of ball in center with grounded foot beside ball, hips and shoulders square to line of flight, ankle locked, and head down. Contact must be made at the bottom of kicking arc.
- h) Follow through with head down.

4. Grubber Kick

This is a tactical kick used when running with the ball is impossible. The ball should be kicked along the ground past opponent so it can be retrieved by attacker.

- a) Drop ball as for drop kick.
- b) Point toe downward so contact is made with top of ankle near top of ball; this imparts "top" spin to ball.
- c) Contact ball before it hits ground. Ball is kicked immediately to ground, a few inches from players boot.
- d) Ball should roll end over end and bounce to waist height after travelling a few yards.

5. Short Kick and Retrieve

This is a short, tactical kick which clears opponents and is retrieved by kicker.

- a) Approach opponent at top speed.
- b) Drop ball low to kicking foot.
- c) Swing away from ball at moment of contact in direction kicker intends to run around opponent. e.g., right foot kick swings to left.
- d) Ball goes 10 to 12 feet in air.
- e) Kicker rounds opponent and retrieves ball at top speed.
- f) Kicker must allow enough time to clear opponent, run round him, and retrieve ball at top speed.

6. Dribbling

This is similar to dribbling a soccer ball, but more difficult.

- a) Keep close to ball with shoulders over it, use short steps and frequent contact with ball.
- b) Do not try to go too fast. Keep control by steering the ball.
- c) Keep ball close to ground. Push or "stroke" ball with outside of foot.
- d) To make ball rise above knees so it can be taken with the hands, use inside of foot with feet splayed and knees bent forward.

TACKLING

Tackling consists of stopping the ball carrier and getting possession of the ball. If the tackle is executed properly in a determined manner, the risk of injury is greatly reduced. The following general points apply to all types of tackles:

- a) Tackle hard and low, making full use of the shoulder.
- b) Keep both feet on the ground. Avoid dive tackles.
- c) When positioning for a tackle, the tackler should set up so the opponent can only break to one side. This usually means the tackler stays on the ball carrier's inside and goes for his inside hip.

1. Side-Tackling

- a) The head must be placed behind the opponent's thighs.
- b) If the left shoulder contacts the opponent's thighs, the right foot should be back; if the right shoulder makes contact, the left foot should be back.
- c) The arms should be thrown around the opponent's legs, just below the knees. Make sure the hands are clasped firmly.
- d) Keep the back hollow and push hard with the shoulder and back leg.
- e) Pull hard with the arms and dump the ball carrier to the ground.

2. Tackling from Behind (Overhaul Tackle)

The technique differs slightly:

- a) Push-off the front foot.
- b) Aim high on the thighs.
- c) The head may go to either side.
- d) As the shoulder hits the opponent's thighs, grip tightly and hold on.

3. Head-On Tackle

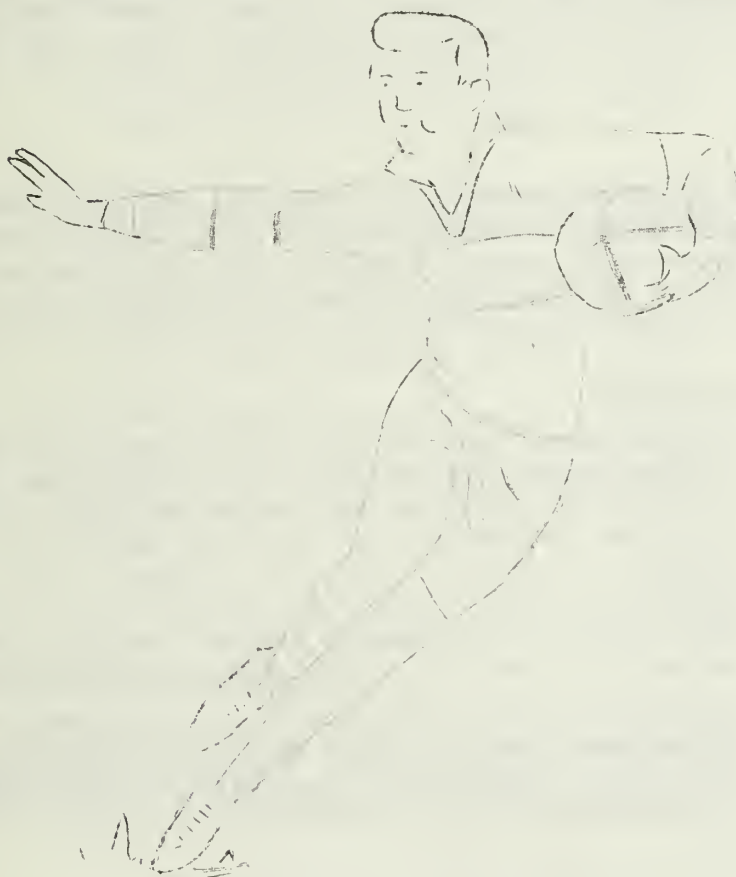
- a) Put the shoulder against the opponent's thighs and grip tightly with the arms.

- b) Make sure the head is placed beside the side of the opponent's hip. If the right shoulder is used, the tackler's head should go to the ball carrier's right.
- c) As the opponent falls down, turn the body over and fall on top of him.

4. Smother Tackle

This is a high tackle which is used to prevent an opponent from passing the ball or touching it down.

- a) Get the arms around the opponent's upper body to pin his forearms and force him to drop the ball.
- b) Try to push the opponent back so the ball falls on the tackler's side in any loose scrum which follows.



The Swerve and Straight-Arm

RUNNING

Rugger players rarely have to run more than twenty yards with the ball. As a result, speed over a short distance is more important than speed over a long distance. This means that players must be able to accelerate from a stand to top speed quickly.

It is a mistake to expect that short, quick strides give faster acceleration than a natural running action. Players should concentrate on increasing the speed of the arm action and increasing the knee lift.

If the ball carrier is to make full use of his speed, it is essential that he have some deception skills. The purpose of deception skills is twofold; first, to force the would-be tackler to hesitate or, second, to make the defender commit himself to a course of action which can be countered by the attacker. The most common deception skills are the side-step, the swerve, the change of pace, and the dummy.

1. Side-Step

The object of the side-step is to evade the potential tackler by means of a sudden change of direction at a right angle to the path of running and a sharp change of speed. The side-step is practically never done at full speed and is usually done while close to an opponent.

a) Basic Side-Step

- i. Direction and timing - start the side-step as the tackler begins his tackle. If the right foot is forward, the side step will be to the left; if the left foot is forward, the side-step will be to the right.
- ii. *Push - off - do a vigorous push-off on the right foot, so the left foot can take a long step to the left.
- iii. Second Push-off - as soon as the left foot touches the ground, the right foot is quickly drawn up to it. Plant the right foot and push off it again, taking another step to the left with the left foot.

* All descriptions are for the attacker breaking to his left.

iv. Straighten Up - Complete the swerve by straightening up the run.

b) The Combined Change of Step and Side-step

A change of step is used when the wrong foot is forward and there is not enough space to take another full step. To execute this skill, merely bring the rear foot up to the front foot and do a normal side-step.

2. The Swerve

The object of the swerve is to beat a would-be tackler through the use of a change of speed and a change of direction. It is best to attempt to swerve when the attacker and defender are at least fifteen yards apart and the attacker is moving at top speed.

- a) Force the approaching tackler to stop or slow down by running straight at his left shoulder. This approach should not be at full speed.
- b) Fake a cut to the right by stepping to that side with the right foot and faking with the shoulders.
- c) Drive off the right foot and take a diagonal step to the left with the left foot. Lift the right knee vigorously as it crosses over the left foot.
- d) Straighten up the run.
- e) A sharp acceleration as the crossover step is begun is essential.
- f) Remember to shift the ball to the left arm as the crossover is done so the right hand can be used for a straight arm.

3. The Change of Pace

The main purposes of the change of pace are to force the tackler to slow up his approach and thus leave a gap or to throw off his timing and force him to make a tackling error.

The most effective change of pace does not necessarily involve a slackening of speed. It is usually enough to shorten the stride length rather than decrease the speed of leg movement, and then to lengthen the stride as soon as the opening presents itself.

4. The Dummy

The dummy pass is done by going through the normal passing motion, except the ball is not let go. At the completion of the passing motion the ball carrier retains the ball and swerves or side-steps away from the direction of the fake. The defender usually reacts to this fake by straightening up or hesitating.

HANDLING THE BALL

To carry the ball over the line is the most common method of scoring a "try". This means that rugby is essentially a handling game. Once possession is obtained, the ball must be accurately handled.

1. Receiving the Ball

a) Hands:

- i. Keep them low.
- ii. Fingers spread and pointing down.
- iii. Palms facing the oncoming ball.
- iv. Relaxed to receive the ball gently.

b) Arms:

- i. Meet the ball with the arms at full length.
- ii. Arms relaxed.

c) Shoulders: Turned towards the ball.

d) Feet: Always take the ball when the weight is on the outside foot (weight on the left foot for a pass from the right).

e) Eyes: Always on the ball.

f) The Action:

- i. Block the ball with the left hand for a pass from right, using the right hand to trap the ball.
- ii. The fingers, hands and arms relaxed.

2. Passing the Ball

a) Hands:

- i. Fingers spread.
- ii. Hands behind the ball, slightly below the center.
- iii. Little fingers should touch each other.
- iv. Ball lies lengthwise along the wrists.
- v. Passing to the left, the right hand is directly behind the ball.
- vi. Ball slides through the fingers which give it a final push.

b) Arms:

- i. Comfortably extended.
- ii. Sweep across the body with a shoveling action.

c) Shoulders: Turned towards the receiver.

d) Feet: Pass off the foot on the opposite side to the receiver, that is, if passing to the left, have the weight on the right foot.

e) Eyes: Must be fixed on the target.

f) Follow-through: Make sure the fingers of each hand are equidistant from the receiver and the palms are facing flat up.

g) Placement:

- i. Aim at a point in front of the receiver's thighs.
- ii. The long axis of the ball must remain in a vertical plane if it is to be easily taken by the receiver.

3. Picking up a Loose Ball

- a) Approach the ball at top speed.
- b) Lower the body as you approach the ball.
- c) The hands should be relaxed and the fingers spread to form a basket.
- d) Place the fingers of both hands under the ball and scoop it up.
- e) If the ball is to the right, then the left foot should be in front.
- f) The eyes must remain fixed on the ball.

4. Catching a Falling Ball (Usually a kicked ball)

a) Feet:

- i. Move quickly to get under the ball.
- ii. Comfortably spread.
- iii. One foot slightly ahead of the other.

b) Eyes must remain fixed on the ball.

c) Arms and Hands:

- i. Extended above the head to meet the ball as high as possible.
- ii. Arms and hands relaxed.
- iii. Keep the elbows close together.
- iv. Hands close together with the palms up and the fingers spread.
- v. Contact the ball at eye level with a giving action.
- vi. Roll the arms in to pull the ball into the body.

5. Falling on the Ball

This skill is used to gain possession of the ball when the opponents are dribbling the ball.

- a) Approach the ball at an angle if possible.
- b) Lower the body and dive hard between the ball and the dribblers' feet so that your back is against their shins.

- c) Pull the ball into the body with the hands.
- d) Immediately, get up and run with the ball or pass it to a teammate. Never lie on the ball.

6. Standing Pass for the Scrum Half

- a) Feet:
 - i. Inside foot is placed behind the ball.
 - ii. The outside foot takes a fairly long stride towards the fly-half.
- b) Hands and Arms:
 - i. Press down on the ball to ensure possession as soon as contact is made.
 - ii. Sweep the ball from the inside foot and follow through with the arms.
 - iii. Keep the hands below the waist throughout the pass.

7. Dive Pass for the Scrum Half

- a) Footwork:
 - i. One foot behind the ball.
 - ii. The other foot takes a short step forward.
 - iii. Spring forward and upward.
- b) Body:
 - i. Must be level throughout the flight.
- c) Arms and Hands:
 - i. Keep the ball against the thighs until both feet are off the ground.
 - ii. Swing the arms forward and release the ball.
 - iii. When landing, turn the palms down and use the hands and arms to help absorb the shock of landing.

Note: To prevent a looping pass, keep the chin level throughout the pass.



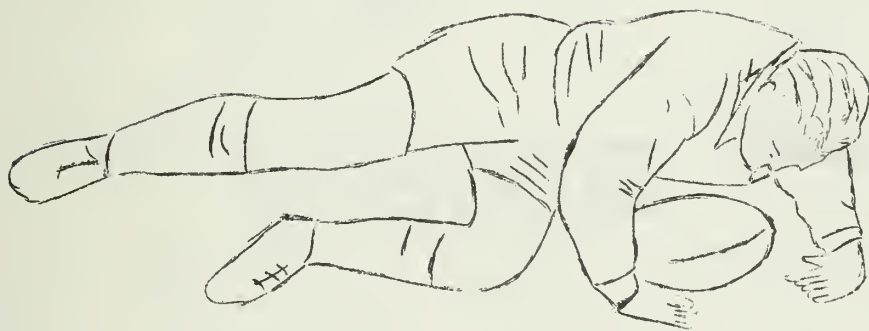
The Scrum-Half Pass (Standing)



The Dive Pass



Catching a Falling Ball



Falling on the Ball



Passing the Ball - note the hand position, the swing of the arms, and the weight on the front foot.



Passing and Receiving the Ball

C O M B I N E D S K I L L S
F O R B A C K S A N D F O R W A R D S

THE SCRUMMAGE

1. Binding

The object of binding is to mould eight individual forwards into a single unit with the object of providing a firm foundation for the shove.

- a. The Front Row. "The players of each front row shall bind firmly and continuously while the ball is being put in and while it is in the scrummage. Neither arm of the second player nor the inner arms of the first and third players may be free. The second player may bind either over or under the arms of the first and third players, but in either case he must bind firmly around the bodies of these players at or below the level of the arm-pits. The first and third players must bind the second player in a like manner." (Law 15 (B) (4) (a))

The props bind on the hooker first. This means the hooker has his arms over the arms of the props. He also grasps the props under the arm pits. The tight head (right) prop binds with his left hand on the hip of the hooker so he can assist the hooker pivot his hips toward the ball when it is put in on the left side of the scrum. The loose head prop also binds on the hookers right hip with his left hand. However, he does not pull on the hooker's hip.

- b. The Locks (second row). The front row and the two locks form the core of the scrum. The locks bind on each other's hips to prevent any unnecessary movement between them. The outer hands of the locks bind on the hips of the props.
- c. The Number Eight. He anchors the scrum by binding on the hips of the locks ensuring that they will be close together.
- d. The Flanks (Wing Forwards). The flanks should bind on the backs of the locks and employ angle pushing. This enables the loose-head flank to push the prop closer to the hooker. The push of the loose head flank also enables the prop to use his outside foot to close the mouth of the scrum.

The tight-head-flank angle pushes to stabilize the scrum so it will not swing or shift.

2. Standing Correctly

a. Purposes

- i. to ensure the maximum strength of all eight forwards is used.
- ii. to ensure all pushing power is conveyed to the place of contact, i.e., shoulders of front row.
- iii. to leave a passage through which the ball must pass unhindered on its way out of the scrum.

b. Front Row Feet

- i. loose-head prop has his left foot forward and his right foot back and is as close to the hooker as possible with as much weight as possible on the inside foot. The toes of both feet must point slightly inward to permit the prop to move his hips so he can help with the hooking.
- ii. the hooker uses his left foot for pushing. The right foot merely touches the ground and is almost in line with the left. (Both feet are pointed in the direction from which the ball will come).
- iii. the tight-head prop uses the same stance as the other prop but his toes may point straight ahead. When the ball comes in from his side, his toes should point slightly inwards.

c. Front Row Body Position

- i. they must stand so their feet are as near to the ball as the laws permit in order that the second row forwards have a leg to push against.
- ii. therefore, there should be:
 - small angle between body and legs
 - legs are bent more than other forwards
 - backs are more parallel to ground than other forwards
 - buttocks are higher than other forwards
 - backs are straight
 - necks are straight

d. Foot Positions for Locks and Flanks

- i. heels together, off the ground
- ii. toes point out

e. Body and Leg Positions for Locks, Flanks and Number 8

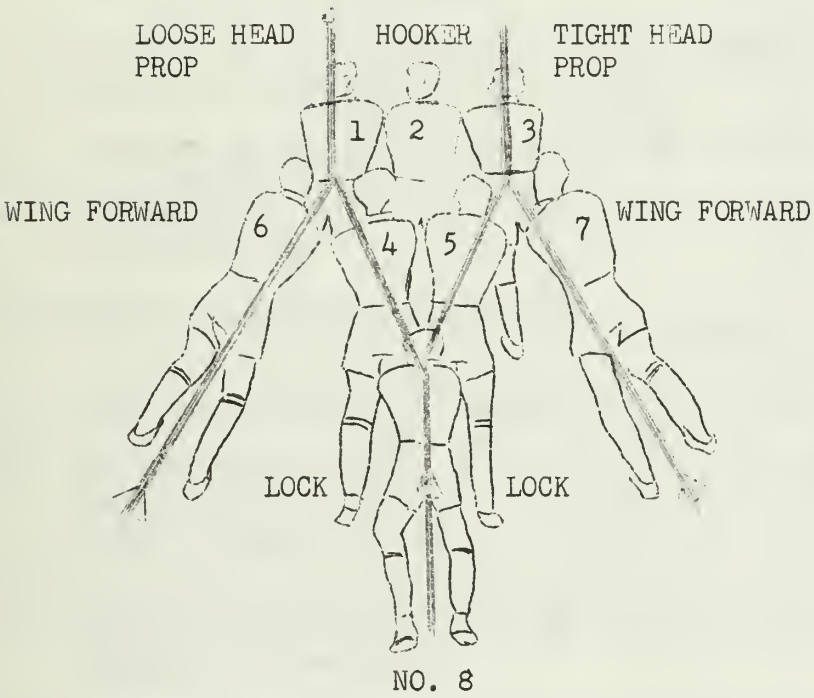
- i. hips low to ground
- ii. backs straight
- iii. legs slightly bent as first shove is short (better to bend knees too little than too much).

3. Pushing Correctly

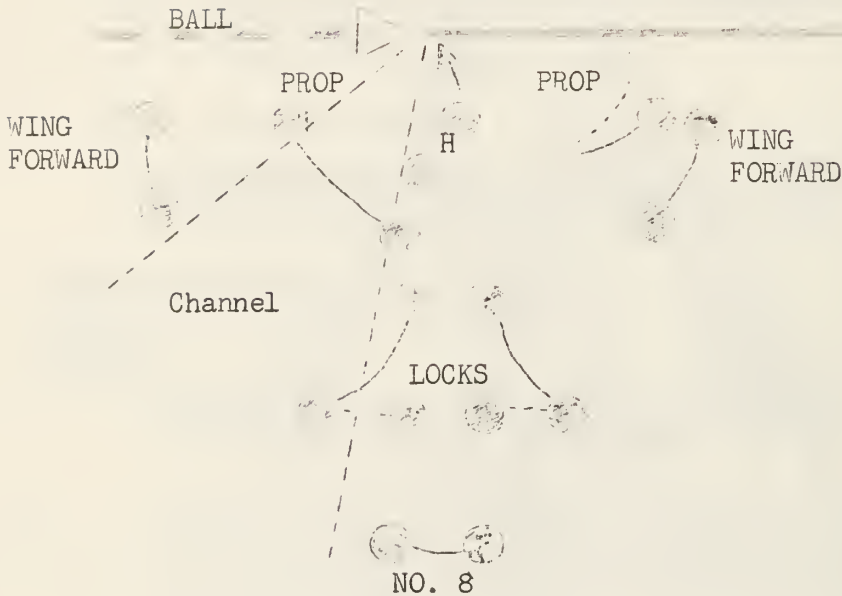
Involves:

- straightening the pushing legs, pulling the hips down and pulling with the pulling arms.
- locks, flanks, and number 8 should have straight bodies after the push, thus no loss of power. That is, joints must be straight and locked as power is transmitted through them and as a result, body must be straightened from head to toe.
- direct all the pushing force forward with no leakages.
- pushing should be done by eight forwards simultaneously with the result that five bodies become straight and three others (front row) become straighter.

SET SCRUM FORMATION (3-4-1)



FOOT PLACEMENT IN THE SET SCRUM



THE LOOSE SCRUMMAGE

It is generally recognized that attacking back play from loose scrums has a greater chance of success than from set scrums or line-outs. The reason for this is clear when one realizes that both teams have an opportunity to take up their proper positions when involved in set pieces. This opportunity does not exist when a loose scrum is formed. Therefore, the team which wins possession of the ball from loose scrums has the advantage of attacking a disorganized defence.

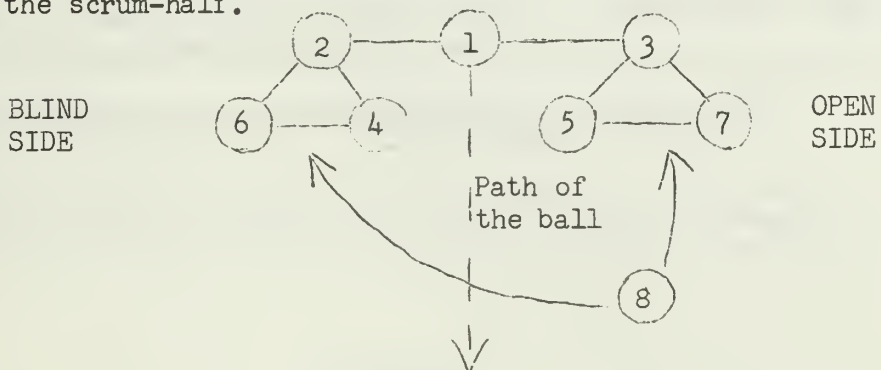
There are two loose scrum formations. The first, known as the "solid" loose scrum is better adapted for pushing. Generally, this type of scrum is used when the opposition has gained an initial advantage and must be pushed off the ball. The second type of loose scrum is called the "wedge" or "v-shaped" loose scrum. This type of scrum gives a faster heel and gives the scrum-half better protection than a solid scrum.

1. The "Solid" Loose Scrum

- a. Follows the pattern of an ordinary set scrum.
- b. The first player to the ball gets his shoulders over the ball and acts as the hooker.
- c. The next two players up act as props by binding on to the "hooker" and pushing him over the ball.
- d. The next two players act as second row locks.
- e. The last three forwards bind in as wing forwards and the number 8.

2. The "Wedge" or "V-Shaped" Loose Scrum

- a. The first three players go down and bind as in the "solid" loose scrum (numbers 1, 2, and 3 in the diagram).
- b. The second row (numbers 4 and 5 in the diagram) bind on the hips of the front row but do not bind on each other. In the diagram, 5 binds on 1 and 3; and 4 binds on 1 and 2.
- c. The two outer players of the second row (numbers 6 and 7) bind on to the locks (4 and 5) in a manner similar to wing forwards in a set scrum.
- d. The last player, who corresponds to the number 8, binds on to the scrum only if extra push is needed. Otherwise, he stands clear of the scrum in an onside position. He must remember to keep out of the scrum-half's way.
- e. It is important that the "locks" (4 and 5) and the "wing forwards" (6 and 7) swing out slightly and push inwards. This ensures that a passage is left in the middle for the ball to get out quickly and provides a "wing" to protect the scrum-half.



3. General Points

- a. Heel the ball quickly. Do not merely push over the ball.
- b. All forwards must get into the loose scrum as quickly as possible.
- c. All participating forwards must bind, drive forward and look for the ball until it is clear of the scrum.
- d. Forwards who are unable to get in before the ball is out must stay on-side and keep out of the scrum-half's way. They should also attempt to take up a defensive position or link up with the backs.

4. Loose Scrummage Rules

- a. "A loose scrummage is formed by one or more players from each team in physical contact and on their feet closing round the ball when it is on the ground between them."
(Law 15)
- b. As soon as a loose scrummage is formed, the players not participating must get on-side immediately. This means the scrum-half must be behind the ball and all other players must be behind the last foot in the scrum.
- c. The ball may be picked up unless all the conditions prescribed for the formation of a loose scrum are met.
(see 4. a)
- d. Once a loose scrummage is formed, the regular rules for scrummage play apply.

THE LINE OUT

Object: For jumper: To jump higher and better than any opponent in order to gain possession.

For others: To consolidate and ensure retention of possession.

1. The Jump. Preparatory hop, bend knees, forward leaning of the body for jump off two feet. Jump straight up using a vigorous upward striking action with arms and raising the chin. Grasp ball with both hands, turn back on opponents and vigorously bring ball down.
2. Consolidation and Binding. As the jumper turns his back to the opponents with the ball in his hands above his head, the two forwards on either side of him bind their inner arms around his waist in preparation for a push with their shoulders. They face their opponents. This keeps their feet in an on-side position. The jumper brings his arm down over their arms. The other forwards bind and pack around the jumper so they:
 - a. leave a passage for the ball, and
 - b. can push, thus forcing the opposing forwards to bind also.
3. Completed Line Out. The line out ends when the ball is:
 - a. On the ground and a loose scrummage has been formed.
 - b. When the ball or a player carrying it emerges from the line out.
 - c. When the ball passes the deepest forward in the line out of the team throwing in the ball.
4. Offensive Line Out (Own team throwing in the ball)
 - a. Any forward should be prepared to receive the ball (or to pack around the receiver) any time it is thrown in.
 - b. Numbers 3 and 5 are usually the best jumpers.
 - c. It is customary to throw shallow (to No. 3) when on defence and deep (to No. 5) when on attack. However, some variation will make line out play more effective.
 - d. Never permit loose balls on one's side of the line out.
5. Defensive Line Out (Opponent's throwing in the ball)

The same principles apply with one exception. When the opponents gain possession of the ball, the last forward in the line out moves forward and packs as the open side flank

and the first man in the line out packs as the blind side (touch line) flank.

6. Covering

- a. No. 5 Jumping No. 3 covers behind No. 5 when ball touched No. 5's hands. If No. 5 misses then No. 3 collects it.
- b. No. 3 Jumping No. 5 covers in a similar manner. If the B ball is caught, No. 5 packs on the touch line side of No. 3.

7. Throwing the Ball In

The wing 3/4 must spend much time practicing this skill as accuracy is essential. The ball must be placed exactly where the jumper wants it. Use a football type of pass if a flat throw is desired. If a high, dipping pass is desired, then use a two-handed underhand throw. Remember the ball must travel midway between the two lines.

8. Off-Side

Off-side players may bind on a forward catching the ball as long as they are on-side according to Law 18 (3) (b) and are packing so their feet are not in front of the player holding the ball on his own side of the line of throw.

9. Obstruction

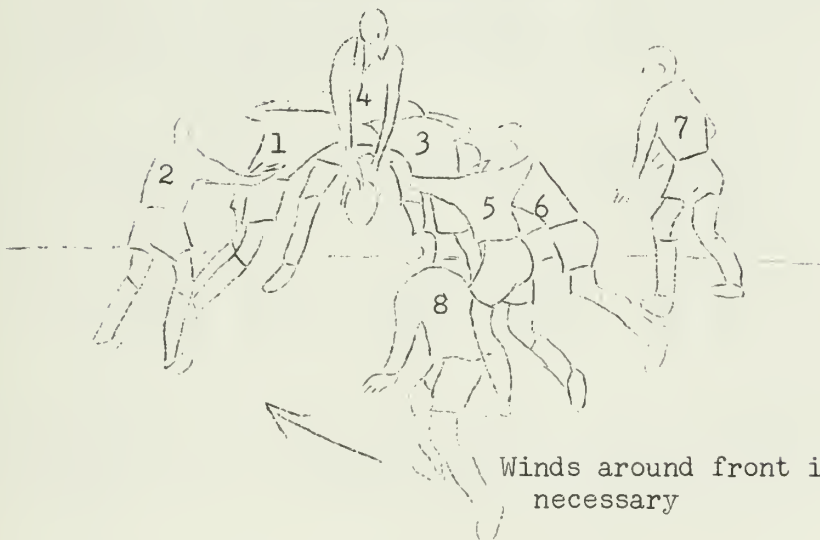
If a player binds on the jumper before the ball touches him, it is obstruction.

WEDGE IN MIDDLE OF LINE-OUT



Plugs the gap

WEDGE AT FRONT OF LINE-OUT

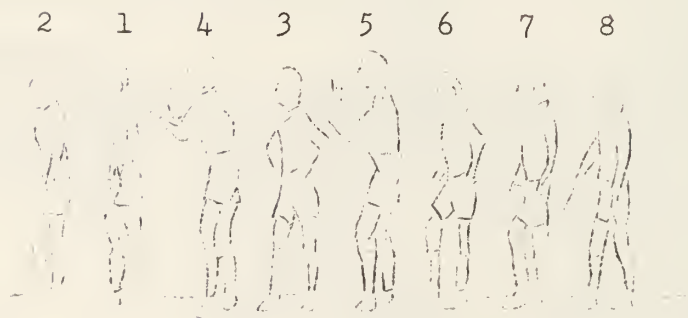


Winds around front if
necessary

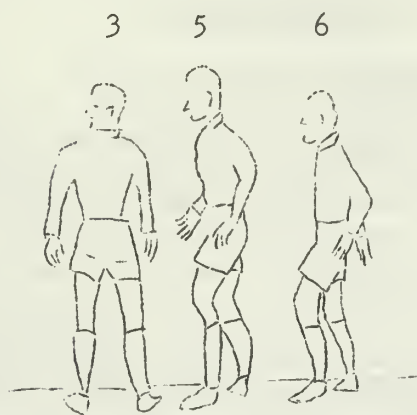
WEDGE AT BACK OF LINE-OUT



LINE-OUT FORMATION



BEGINNING OF WEDGE FORMATION



D R I L L S

RUNNING DRILLS

1. Acceleration and Speed

- a. Stationary Running - Practice running on the spot, concentrating on high knee lift and driving hard off the ground with the balls of the feet.
- b. Running on the Spot - As in a., but alternate periods of high knee lift and ten second sprints.
- c. Walk, Trot, Sprint - The players walk from the goal line to the twenty-five yard line, trot to the half-way line, then sprint to the other twenty-five yard line, and finally, trot to the goal line. Repeat, going the other way.
- d. Sprint Starts - Sprint from the goal line to the twenty-five yard line using a standing start. Repeat.
- e. Shuttle Relays - Run shuttle relays over short distances.
- f. Sprint and Touch - The players line up abreast on the goal line, sprint to the twenty-five line, touch it with their hands, turn and sprint back to touch the goal line.

2. Side-Stepping

- * a. Running on the Spot - Use quick, exaggerated short strides followed by a step to either the left or the right on the teacher's signal.

* Williams, Gerwyn, Tackle Rugger This Way (London: Stanley Paul and Co. Ltd., 1962), p. 44.

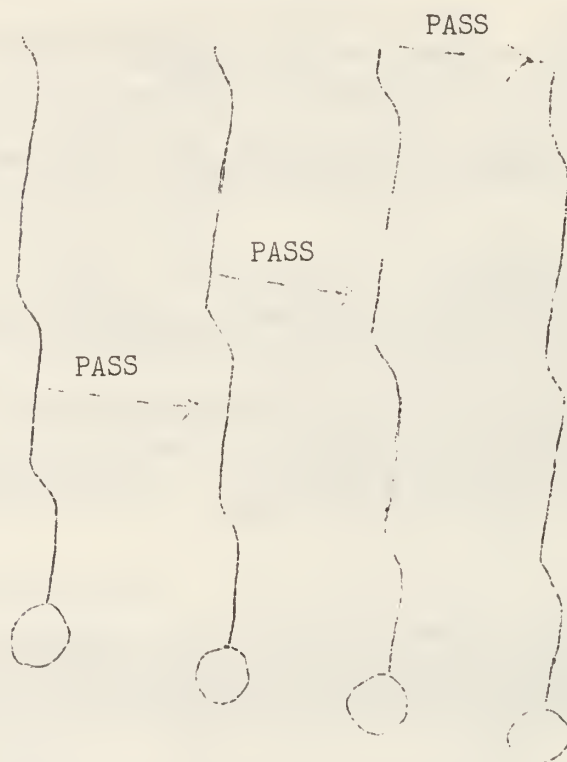
- * c. Trotting - As in the previous drill
- * d. Trotting - As in the previous drills, but adding a step to the side from the weight-bearing leg to the other.
- e. Walking - Along a line and side-step away from it. It is important to practice side-stepping to both sides. Repeat at a trot. Repeat at full speed.
- f. Maze Walking - The players side-step through a maze of markers, moving in all directions. Gradually increase speed.
- g. Partner Dodging - Partners trot toward each other and side-step left on the signal. Repeat to the right. Gradually increase the approach speed.
- h. Players attempt to side-step the stationary obstacle. As skill increases, substitute a player for the object. The stationary player attempts to touch the attacking player. A touch constitutes a tackle.

3. Swerving

- a. Walk along a line. On the signal, execute a swerve emphasizing the crossover step. Gradually increase speed until the swerve is done at full speed. Remember to practice swerves to the left and to the right.
- b. Partners - Two players stand about twenty-five yards apart. They approach and swerve away from each other in the direction indicated.
- c. Slalom - The players run along a row of posts at full speed swerving in and out in a slalom fashion. Each post is about five yards apart.
- d. Spacing - The players line up abreast on the goal line. The entire line runs up and down the field practicing swerving as a unit and keeping the spaces between runners steady.

* Ibid.

- e. Swerve and Pass - Players line up in a line abreast formation and practice the previous drill, except the ball is passed after the swerve. The receiver must keep the correct passing distance.



4. Change of Pace

- a. As the change of pace is merely a change in the length of the stride accompanied by a sharp acceleration; use acceleration drills.
- b. Partner Tag - Players work in pairs with one assuming the role of leader. The leader attempts to lose the follower by using a change of pace. This may be combined with the swerve and side-step to add variety.
- c. Group Tag - Divide the group into units of about eight players. One or two players are designated as "it". The other players attempt to avoid being tagged by using their running skills. To reduce the importance of natural speed

differences, match up players according to speed and make them work in a relatively confined space of about twenty-five yards square.

PASSING DRILLS

1. Stationary

- a. Stand with the feet comfortably astride and swing the arms loosely across the front of the body, keeping them fairly straight. Repeat with the fingers linked.
- b. Practice passing without the ball. Concentrate on transferring the weight on to the outside foot as the action is performed.
- c. Circle Passing - The players form a circle standing about three yards apart. All players face inwards. Pass the ball about the circle. When passing to the right, the left foot should be forward, and vice versa. Reverse the direction occasionally.
- d. Circle Passing - Use the same formation as in the previous drill. This drill differs from the previous one in one respect only--all **players** face outwards, which forces them to pass slightly backwards as is required in a game.
- e. A stationary passer picks up the ball and passes to a moving partner. Gradually increase the speed of the receiver until he is running at top speed.

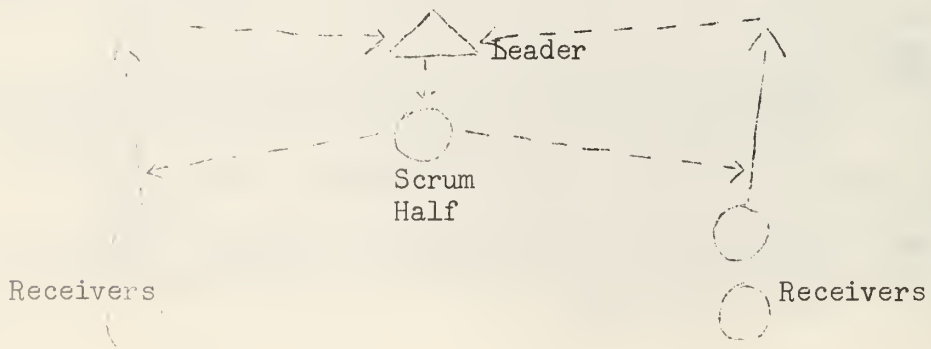
2. Moving

- a. Walking with or without a ball. The player goes through the passing motions concentrating on passing off the farther foot.
- b. Set up small groups of three or four players. Walk about passing the ball back and forth. The passer must drop back slightly after delivery so he is in position to receive a return pass. Gradually increase speed.
- c. Working in pairs, move along a touchline, passing back and forth. The passer must fall away from the receiver as the ball is delivered.

- d. Three-quarter Line Passing - Set up three-quarter lines of not more than five players. Move up and down the field, passing the ball from one player to another.



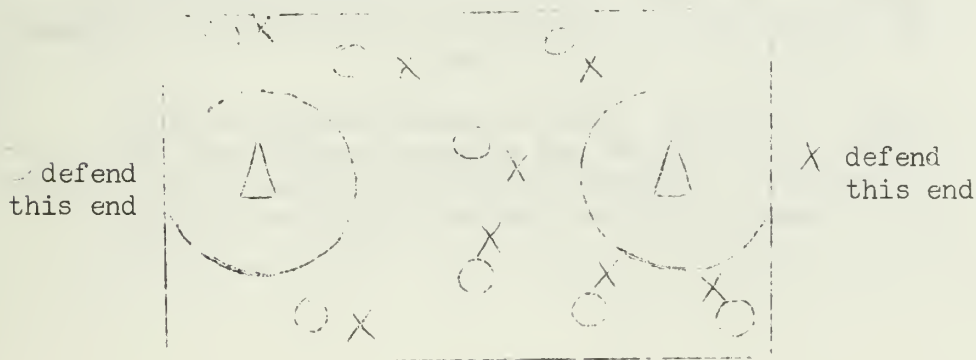
- e. Keep-Away Set up two teams of not less than two players each. The object of the game is to keep the ball away from the other team. Limit the number of steps a player can take with the ball. Count the number of consecutive passes made while the ball is in their possession. The opponents can intercept or pick up a dropped ball. This drill encourages players to run into the open spaces and instills the concept of backing up.
- f. Scrum-Half Passes - The scrum-half passes the ball to players approaching at full speed. The passes should be high, low, too close, and too far. Use the same formation as is used for scrum-half passing practice. (see drill g)
- g. Scrum-Half Passing - The leader heels the ball back to the scrum-half who passes in the direction indicated by the teacher. The receivers move forward at top speed to catch the pass. The ball should be returned to the leader as quickly as possible.



- h. Scrum-Half Passing - The scrum-half bounces the ball off the base of the goal posts, retrieves the ball and passes it to the receiver who is running at top speed. The receiver does a sidestep or swerve as he passes the goal post on his way back to the line.



- i. Dummy Passing - The player runs along a line and does a dummy pass at a target stationed at extended arms distance from the line. The player aims to touch the target with the ball by extending his arms fully, followed by a quick snatch of the ball into the body and a sharp swerve away from the target.
- j. Skittle Ball - Two targets are arranged at each end of the playing area. Place them in the center of a ten-foot crease. Players divided into two teams attempt to hit the opponents' target with the ball. All shots must be taken from outside the crease. The ball is advanced by means of passing and running. Players in possession must pass the ball immediately on being touched by an opponent. The defending team gains possession by intercepting or picking up a loose ball or following a score. Tackling can be introduced instead of touching.



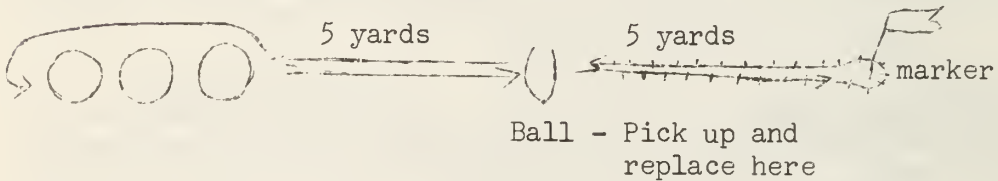
DRILLS FOR FIELDING THE BALL

1. Picking Up The Ball

- a. Small Group Practice - The players pick up a stationary ball while moving forward. Gradually increase the speed from a walk to a run at full speed.
- b. Roll the ball to a moving player who fields it using alternate sides of the body. Gradually increase the speed until the fielder is moving at full speed.

Variations: Roll the ball past or away from the fielder. Throw the ball short, beyond, or to one side of the fielder.

- c. Competitive Small Group Drill - The first player runs out to field a stationary ball, picks it up, runs around the marker, returns to the pick-up spot, replaces the ball and goes to the end of the line. The second man then does the same thing. The first team finished is the winner.

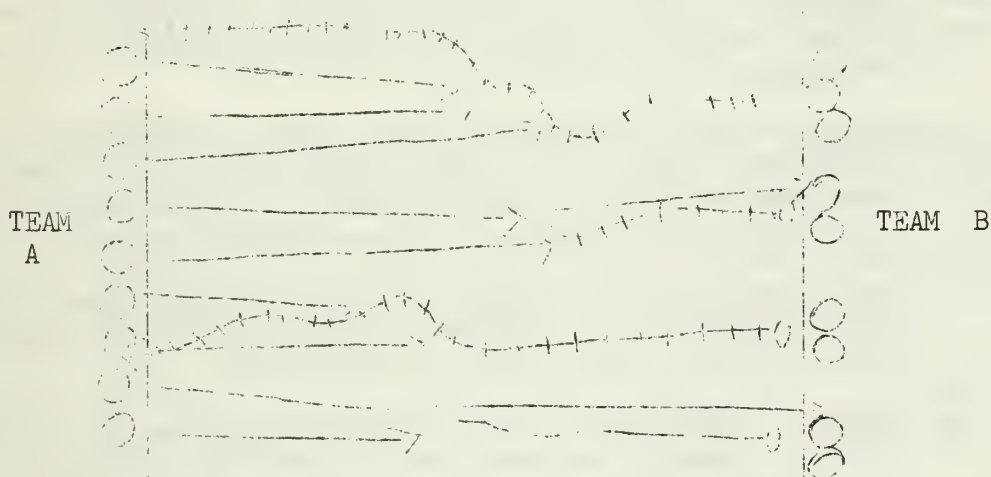


2. Falling On The Ball

- a. Mass Practice - Use no balls. The players fall from a standing position on the signal.
- b. Pairs - One player stands with the ball at his feet. His partner falls on the ball so that his body is between the ball and his partner's feet.
- c. Pairs - The same drill as above, except the player dribbles the ball and the partner must now fall on a moving ball. Gradually increase the speed of the dribble and of approach for the partner falling on the ball.

- d. Fours - Three players simulate a dribbling rush with the ball. The defender must fall on the ball and take it away from his opponents.
- e. Competitive Drill - Team A lines up on a line and attempts to dribble a number of balls to another line about fifteen yards away. Team B, who start from the finishing line, must stop the dribbling rushes and take the ball. Whichever team has the most balls at the end is the winner.

Variation: Forwards against the backs.



3. Catching

- a. Pairs - Stand about ten yards apart and lob the ball back and forth. To increase the difficulty, throw the ball away from the catcher, that is, in front, behind or to the side.
- b. Small Groups - Kicking and catching twenty to forty yards apart.

FOOTWORK DRILLS

1. Punting

- a. Pairs - Stand facing each other about five yards apart. Kick the ball to the partner. Concentrate on proper form.
- b. Pairs - Start about twenty yards apart and kick the ball to the partner while walking forward. Use a "left, right, left-kick" cadence when kicking with the right foot. Remember to kick with the left foot as often as with the right. Gradually increase the speed of approach and the distance.
- c. Pairs - Kick for touch using any line on the field as a touchline. Every kick must be taken with the foot farthest away from the line. Players should take a few steps from the line to widen the angle before kicking the ball.
- d. Short Attack Punt - Approach the goal posts, kick a high, short kick over the crossbar (between the uprights) and race forward to catch the ball on the run.
- e. Yards - Two teams of two or more players take up positions on their twenty-five yard lines. Start the game with a kick from this line towards the opponents' goal line. The receiving team attempts to catch the ball on the fly. If successful, the player is allowed three running strides before returning the kick. Three strides are also allowed from the spot the ball crosses a touchline if it goes into touch. If the ball is recovered after it touches the ground, it must be kicked from that spot.

The object of the game is to work the ball to within kicking distance of the opponents' goal line. Points may be scored as follows:

Punt over the goal line on the fly - 1 point
Drop-kick at goal - 3 points
Place-kick at goal - 3 points

2. Drop-Kicking - Use the same set of drills as for the punt. Drop-Kick Rugby is a useful lead-up game which places some emphasis on the drop kick. Arrange two teams on a full-size field. The players are allowed to run with the ball, tackle, pass, or kick in any direction. Scoring is done by drop-kicking

the ball over the crossbar and between the uprights. After a point, the game is restarted by a drop-kick from the defending team's twenty-five yard line.

3. Place-Kicking

- a. Singly - The player makes a mark and marks off his steps for his approach. He then practices his approach and kick concentrating on the proper placement of his grounded foot. Do not use a ball for this activity.
- b. Singly - Again, no ball is necessary. The player makes a mark, places his grounded foot in the proper position, and practices his kicking swing. Do not use a run up.
- c. Pairs - Stand facing each other about ten yards apart. Practice kicking the ball back and forth without a run up. Concentrate on the swing of the kicking leg and on accuracy.
- d. Pairs - Stand facing each other about twenty-five yards apart. Kick the ball back and forth, using a run up. Gradually increase the distance.
- e. Pairs - Kick the ball along a line to check the accuracy of flight. Vary the distance from twenty to thirty or forty yards.
- f. Kicking at Goal - Working in pairs, practice kicking at goal from various positions. Start in front, about fifteen yards from the posts and gradually increase the distance and increase the angle. Repeat this type of practice under adverse conditions as often as possible, for example, on rainy, windy days.
- g. Kick-Off Practice - Concentrate on getting height and placing the ball ten yards down-field and five yards from the side-line.

4. Dribbling

- a. Singly - Everyone with a ball dribbling in any direction at half speed. The object is to keep dribbling the ball under control.
- b. Singly - Dribbling at half speed, keep the ball between two parallel lines six feet apart. Gradually increase the speed.

- c. Singly - Dribble the ball in and out of obstacles set about three yards apart. Gradually move the obstacles closer together.
- d. Pairs - Partners dribble the ball between two lines six feet apart. Later, add a defender who falls on the ball. When this is done, the dribblers may move outside the six foot lane to evade the defender.
- e. Pack Rush - A group of three to five players form a close rush and dribble the ball up and down the field. Gradually open the rush up as skill increases.

TACKLING DRILLS

The following drills can be used for all types of tackles.

- a. Form Tackling - The tackler tackles a stationary "opponent" at slow speed. The tackler should concentrate on proper form, that is, getting the head, shoulders, and arms in the correct positions.
- b. Stationary Dummy Tackling - The tackler should concentrate on proper form, particularly in the early stages of skill development. As skill improves the tacklers' should increase their speed until they are approaching the dummy at full speed. In the latter stages of development, the tacklers should be driving the dummy to the ground.
- c. Tackling a Hand-Held Dummy - The tackler tackles an "opponent" who is holding a small tackling dummy, either in front or to one side. The tackler and the "opponent" approach each other at walking speed at first and gradually increase their approach speed to a brisk trot. (This drill is not suitable for practicing tackling from behind.)
- d. Team Tackling - One team walks about in a limited space, while the opposing team practices half-speed tackling at random. This drill gives the players practice in tackling from different angles. They are also forced to use all types of tackles under a variety of changing circumstances.

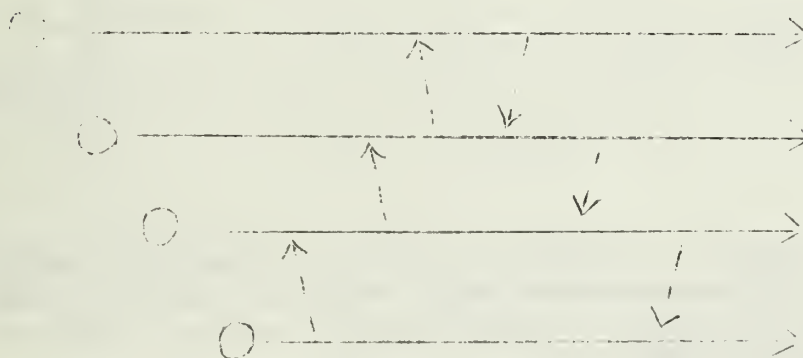
As the players become more expert, some offensive players carry rugby balls which must be released when a tackle is

made. Another player picks up the ball and becomes a target. The speed can also be increased to trotting.

- e. Tackle "British Bulldog" - Team A lines up along the goal line. Team B faces them about ten yards away. Members of Team A try to get to the half-way line without being tackled. When a player is tackled he joins Team B. The game continues until everyone on Team A has been tackled. The game can be restarted by changing the teams around so Team A lines up as the tackling side and Team B as the runners.

DRILLS FOR COMBINED BACK SKILLS

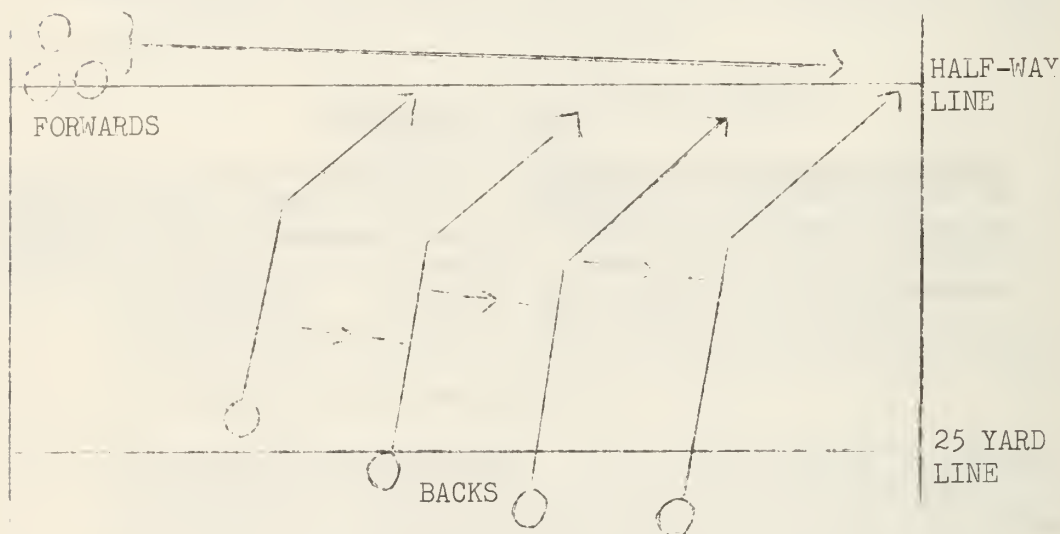
1. Standard Three-Quarter Passing - The players line up as shown in the diagram and run straight up-field, giving and receiving passes. Make sure all passes are made backwards. The receiver must stay behind the passer. Players must concentrate on giving passes quickly (in three steps or less).



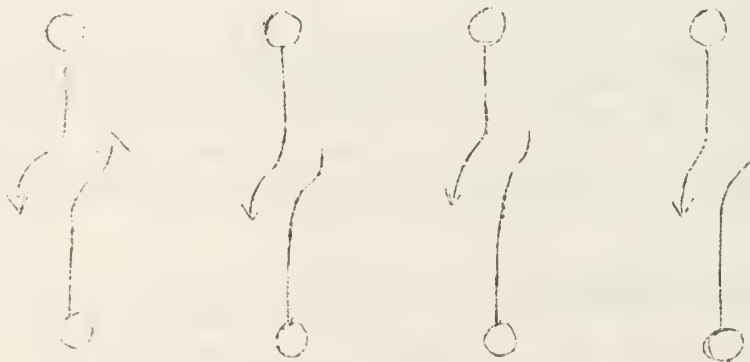
Variation: Repeat the drill as above, except the ball must go out to the end of the line and back to the beginning before the group covers a specified distance. Start at 50 yards and gradually reduce the distance to 25 yards. The players must always run as fast as their handling will permit.

2. Back Row vs. Back Passing - The backs set up as in the first drill, about twenty-five yards from the halfway line. The two wing forwards and the number 8 stand on the halfway line at the touchline. On the signal the backs begin running toward

the halfway line, passing the ball out to the winger as quickly as possible. The forwards also start on the signal and they attempt to get across the field to the far touchline before the winger gets there with the ball. If the backs handle the ball in a perfect fashion, they should beat the forwards across the field. This drill is important because it shows that rapid passing will always beat a cover defence. However, one slight hesitation or mistake will enable the covering forwards to beat the backs.



3. Running the Gap - This drill is used to practice the dummy and swerve or the dummy and side-step. Two lines run toward each other. On the signal, everyone takes the same gap (right or left) then straightens up.



SCRUMMAGING DRILLS

1. One versus One -  1 stands with his legs braced to resist the push from behind. 2 gets into a pushing position with his legs bent. He puts his shoulders against 1's buttocks and pushes by straightening his legs to drive 1 forward.
2. Three versus Two -  Three front row forwards bind together and push against the two second row lock forwards. The purpose of this drill is to develop pushing power in the locks, who are the most important "pushing" forwards.
3. Three versus Three -  A general purpose drill useful for developing pushing power in all forwards.
4. Four versus Four -  A general purpose drill useful for developing pushing power and balance in the forwards.
5. Five versus Eight -  To develop pushing power in the tight forwards match them against any group of eight players. The tight forwards should always defeat the others if they bind tightly and push in unison.
6. Eight versus Eight - Practice set scrums with full packs of eight players each. When the scrum-half puts the ball into the scrum, both packs push, and both hookers strike at the ball in an attempt to gain possession. Avoid more than six set scrums, as they are exhausting.

7. Offensive and Defensive Cover - The forwards push against token opposition. On the signal, they break away from the scrum as quickly as possible and run their cover patterns.

LOOSE SCRUMMAGING DRILLS

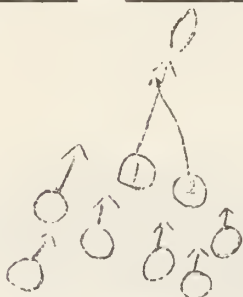
1. Twos - (2) stands about ten yards from (1) who is standing with his back to (2). On the signal, (2) runs at top speed up to (1), slows momentarily, then puts his shoulder into (1) and drives him forward. (1) resists, but must stay on his feet.



2. Fours - (1) and (2) stand with their backs to the ball about ten yards from it. (3) and (4) stand facing the ball. On the signal, both pairs of forwards sprint to the ball. The winners are the pair who bind together and get their feet over the ball first. △'s are on attack and ○'s are on defence.



3. Eights - Attacking Loose Scrummage - Eight forwards stand facing the ball about ten yards away. On the signal, they sprint for the ball. The first two forwards, (1) and (2) step straight in to get their feet over the ball. The trailing forwards come up, slow momentarily, bind, then step in and push, taking care not to step on the ball.

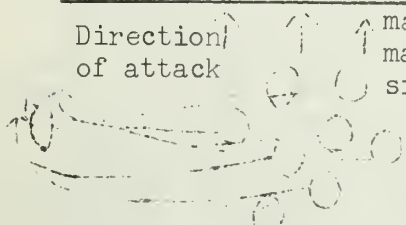


4. Eights - Defending Loose Scrummage - This drill is done in the same manner as an attacking loose scrumage, except:

- all forwards start with their backs to the ball
- while (1) and (2) step over the ball as in an attacking loose scrumage, the other forwards must go around behind them, turn, bind, and then go in to push. Remember (1) and (2) have their backs to the opposition.



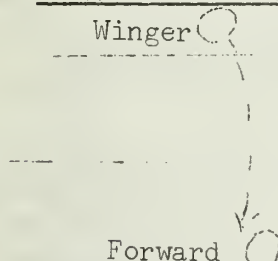
5. Eights - Neutral Loose Scrummage - This drill is done in a manner similar to an attacking loose scrummage, except the ball is ten yards to one side or the other.



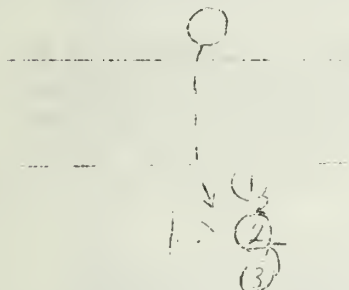
6. Eight versus Eight - Practice the three situations outlined above on a competitive basis.

LINE-OUT DRILLS

1. Winger Throwing to Line-out Forward - The object of this drill is to co-ordinate the winger's throw and the forward's jump. The forward stands the same distance from the touchline as he would in a game. The winger throws the ball so that the forward takes it at the maximum possible height. It is essential that the forward jump as high as he can.



2. Three versus One - The object of this drill is to teach the forwards to work in units of three, that is, the jumper and two consolidating forwards. The ball is thrown so that (2) (the jumper) can receive it. The forwards on either side of him, (1) and (3) consolidate to protect him. They must begin to bind on him when he touches the ball at the top of his jump. (1) tries to interfere with the jumper.



3. Full Line-out Drill - Practice the line-out using all the forwards, the throwing winger, the scrum-half, and the fly-half. The object of the drill is to throw the ball in to the forwards who gain possession, form a loose scrummage and release the ball to the scrum-half at his command so he can pass it out to the fly-half. As their skill improves, they should practice breaking from a line-out into offensive and defensive patterns. It may be advisable to bring the backs into the drill to add realism. Opposition to the jumper and-or to the whole scrum may be provided.



LEAD-UP GAMES

1. Scrag Ball - The field of play consists of an area of any size with no boundary lines apart from the halfway line. The object of the game is to throw the rugger ball through a basketball hoop located at the opponent's end of the field. If basketball standards are not available, it may be necessary to substitute bordenball goals. Any number of players may participate; the number of balls is dictated by the number of players.

A jump ball at centre is used at the beginning of the game or after a goal. The only rule is that the ball may not be played with the foot.

This game provides many opportunities to practice running, handling, and tackling. Permit high tackling at first. A high tackle is better than no tackle. As the players improve, the rules can be modified, for example, no tackling above the waist, no forward passes, and loose scrummaging after a tackle.

2. Keep It Moving - Form groups of six, each with a ball in an enclosed space. On the signal, the players run in all directions passing the ball with quick, crisp passes. The group with the greatest number of passes at the end of the time is the winner. Encourage all types of passes.
3. Modified Rugby Touch - Play regular rugger, except passes may be made in any direction when play is within the defending half of the field, but must be backwards when in the attacking zone. Gradually, eliminate the forward pass and introduce the loose scrummage, line-out, and set scrummage. Do not allow any kicking.
4. Rugby Touch - Play a regular game according to the Rugby Union Laws, except that "touching" constitutes a tackle and the ball must be passed within three strides after a touch has been made. Flags may be substituted for touching.

Alternate method of restarting play after a touch --The ball carrier must ground the ball and retire to an on-side position. Opposing forwards quickly form a loose scrummage over the ball. and play restarts.

5. Ruck Rugger (No Opposition) - Arrange the players in the receiving positions for the kick-off. The ball is kicked off and a loose scrum forms around the catcher. The ball is quickly heeled to the backs who relay it to the winger. The forwards move up and across the field practicing their "covering" movements. After a ten-yard sprint, the winger grounds the ball in order that the forwards can form another loose scrummage. The ball is quickly given to the backs who again relay it to the winger. As soon as the team reaches the goal line, it turns around and starts back up the field from the twenty-five yard line by using a twenty-five yard drop-out to restart play.

Variety can be introduced by instructing the backs to attempt tactical moves such as cross-kicking, scissors, and passing the ball back into the forwards.

6. Seven-A-Side Rugger - Organize teams of seven players; three forwards and four backs. A game consists of two seven minute halves, otherwise, the regular rules apply. Emphasis is on speed, retaining possession (i.e. no kicking), sure tackling, individual covering and fitness. Develops confidence in offensive capabilities for individuals.
7. Eleven-A-Side Rugger - This game is a compromise between the regular fifteen player game and seven-a-side rugger. It combines the speed and open play of seven-a-side rugger with fairly orthodox forward and back plays. To achieve this end, the "loose" forwards (the wing forwards and the number 8) and the fullback are eliminated.
8. Running Yards - Arrange the class into two teams of equal size. The attacking team begins the game by kicking off from center. The receiving team can advance the ball by running forward and passing the ball laterally or backwards. When the man with the ball is touched (two hands below the waist) or the ball is fumbled, play is stopped and the man who was last in possession kicks it.

After the initial play, the receiver must catch the ball before it touches the ground if he wishes to run with it. If the receiver drops the ball or fields a ball which has touched the ground, he must kick the ball.

Scoring: Field Goal 3 points
Drop Goal 3 points
Punt over the goal line . 1 point
Try 3 points
Conversion 2 points

If the defending team catches a ball which is kicked into the end zone, no points are scored and they may either touch the ball down for a twenty-five yard drop-out or run it out.

All players on the kicking team must be behind the kicker before he kicks the ball. Do not permit forward passes. If necessary, the conversion attempt may be eliminated. This will save considerable time.

TEAM PLAY (STRATEGY)

THE FORWARDS IN ATTACK

The forwards have three main offensive tasks. First, they must win the ball from the opposition and deliver the ball to the backs. Second, they must support the attack of the backs. Third, they must always be alert for opportunities to initiate handling attacks in co-operation with or separate from the backs.

Once the ball is put into a scrum, it is illegal to leave it until the ball is out. However, as soon as the ball is out, the forwards must quickly break out of the scrum and support their own backs or cover if the ball goes to the opposition.

1. Supporting the Back Movement - It is essential that the forwards remember that they are supporting the attack in case it breaks down or develops into broken play. They must be close enough to the ball to give immediate help, but not so close that they interfere with the backs.

To support the backs, the forwards "stream" down the three-quarter line, supporting each of the backs as he receives the ball. The open side wing forward leads the pack followed by the number 8. The blind side wing forward must wait for the ball to come level with him if the attack is made to the blind side. If it is made to the open side, he breaks around the blind side of the scrum and links up with the rest of the pack. Note-- he should be in position to receive a cross-kick from the open-side wing. The locks move into position followed by the front row who must link up with the rest of the pack and be prepared to handle a cross kick from the open side wing.

THE FORWARDS IN DEFENCE

The defence described here combines features of a strong "close" defence with a strong "open-field" defence.

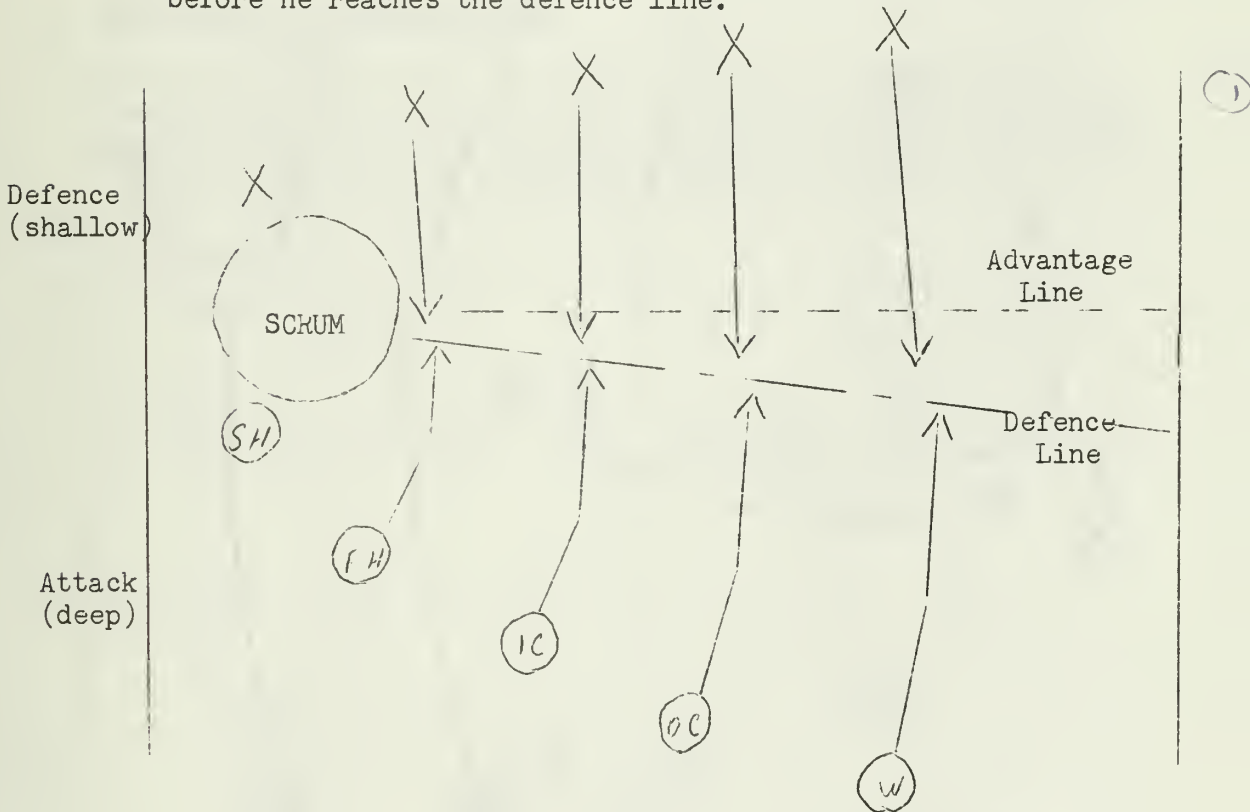
The open side wing forward, scrum-half, fly-half, and number 8 "blitz" the opposing halfbacks in an attempt to break up the attack before it becomes dangerous. If the ball goes out to the center, this group continues along the line of attack to harass the opposition. The number 8 must make sure the ball is going to the open side before he breaks that way. The blind-side-wing forward covers the blind side until the attackers commit themselves to the open side, then he corner flags as shown. The locks and front row "stream" as shown, watching for breakthroughs and for kicks into their area.



THE BACKS IN ATTACK

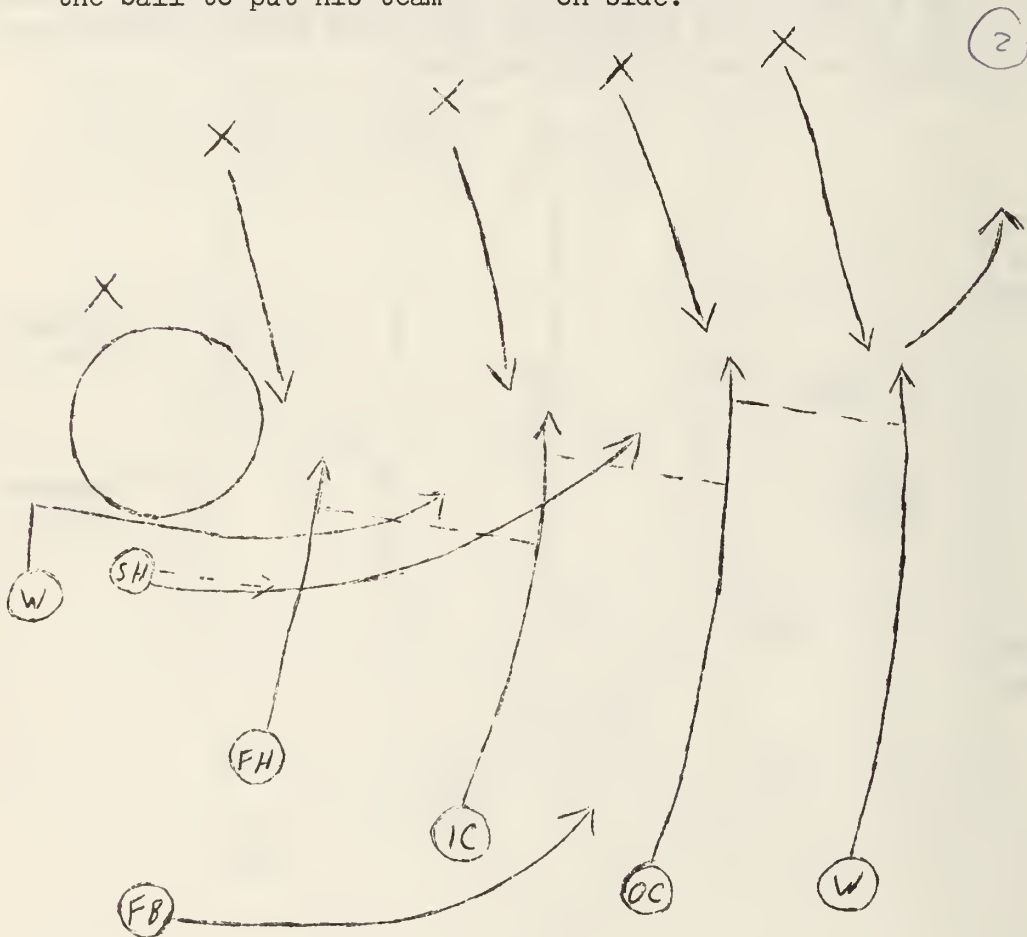
If the attack is to be successful, each back must know where the men on either side of him are at all times. Therefore, the backs must always get into position quickly, keep the line straight, and keep the spacing regular.

The best attacking angle for inexperienced teams is probably a moderately deep formation. This type of alignment should enable the winger to reach the advantage line with the ball. However, the backs must be aligned and run so the winger receives the ball before he reaches the defence line.



1. Orthodox Passing to the Wing

The orthodox passing movement to the wing is the basis for all other attacking moves by the backs. The object of this move is to get the ball out to the winger as quickly as possible. The winger should receive the ball at full speed while at least ten yards from his opponent. He then must beat his opponent by using running skills such as the side-step or swerve. The winger can also do a cross-kick back to his forwards. If he uses this tactic, he must remember to run straight up-field after kicking the ball to put his team on-side.

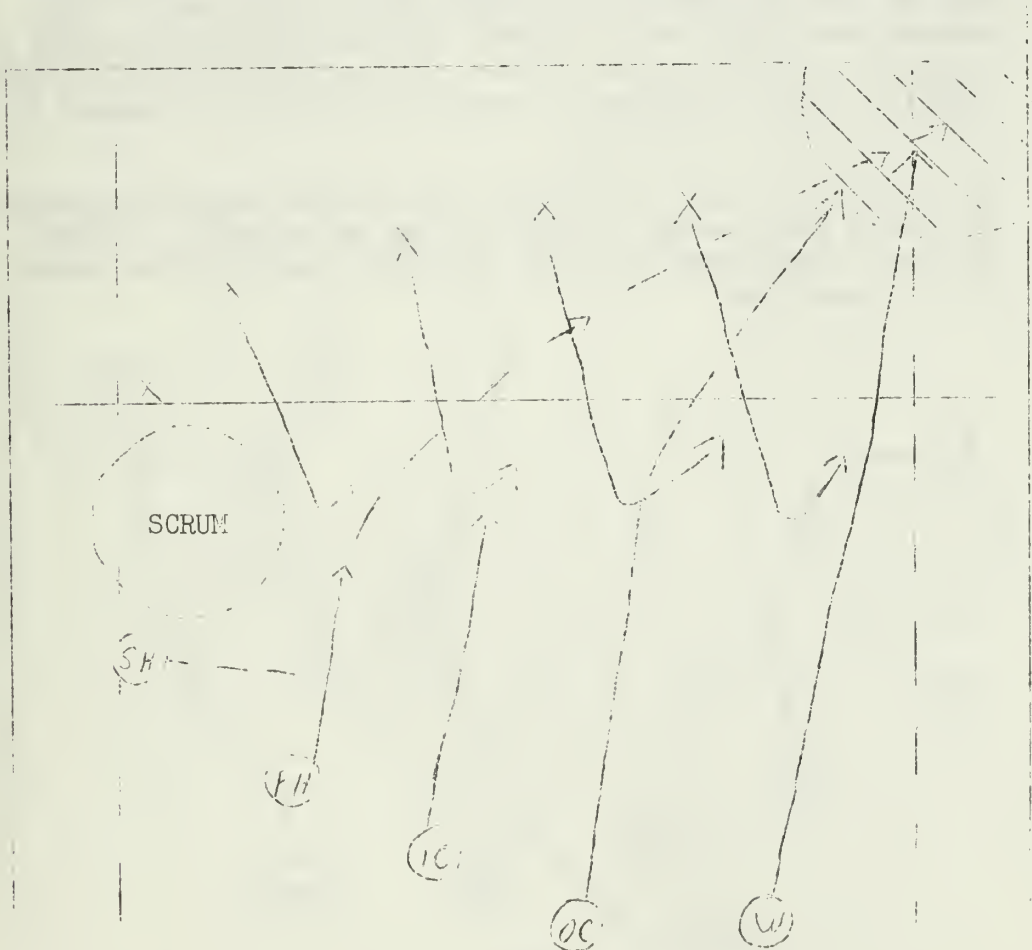


2. The Cross-Kick

The cross-kick is a method of keeping the attack going when the winger is hemmed in by the touchline. This tactic is more likely to be successful if the defenders leave an opening in front of the kicker's forwards. The winger must aim to kick the ball so it goes over the heads of the opposing backs and forwards and in front of his own forwards so they can gather it up at full speed. Great care must be taken so the ball does not land where a defending back or forward can field it.

3. The Kick to the Corner Flag

This kick is used when the opposition backs are approaching too fast to permit a passing movement. The kick must go behind the opposing backs, forcing them to turn around to cover and in front of the fullback so the attacking winger can get to it first.



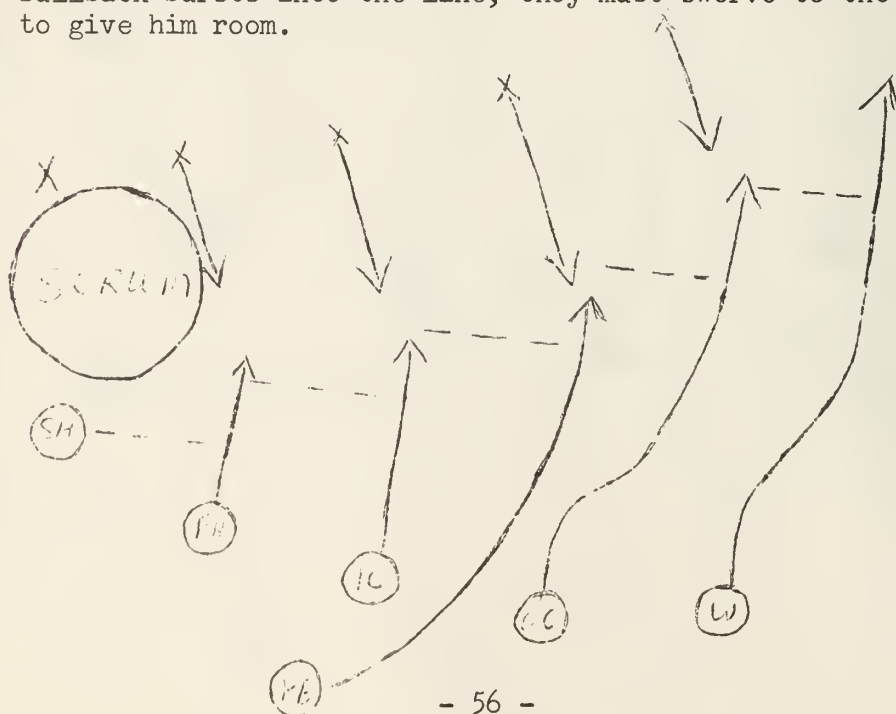
4. The Grubber Kick

This tactic is also used when the opposing backs are lined up too flat and are moving up too quickly, thus making a passing movement impossible. The fly-half or inside center stabs the ball on the half-volley so it slides through the gap and goes behind the defending backs in a fashion similar to the diagonal corner kick. The attacking backs, either the outside center or the winger, should be able to gather the ball in and score a try.

5. The Extra Man

The purpose of bringing in an extra man is to create an overlap. There are several players who can come into the line as an extra man. However, the fullback is in the best position to come into the three-quarter line. He most frequently comes in between the centers. To execute this move, the fullback lines up slightly closer to the backs than he normally does. He must time his run so that he bursts into position just as the inside center is passing the ball. He then draws the opposing outside center and passes to his own outside center. The outside center and winger should be able to engineer a break as they will be opposed by a single defender, the winger.

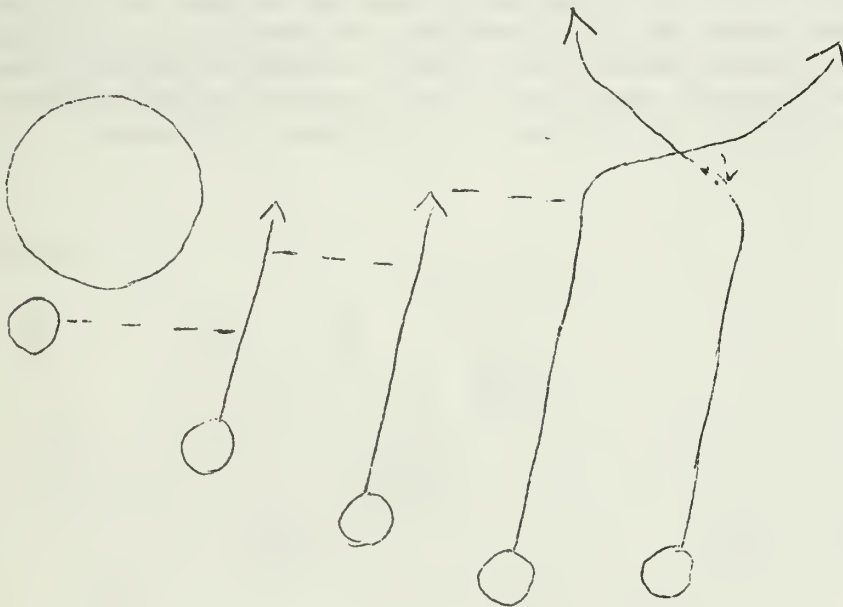
If this move is to be effective, the outside center and winger must hold their normal spacing as long as possible. As the fullback bursts into the line, they must swerve to the outside to give him room.



6. The Scissors

The scissors involves a pass between two players running forward in diagonal paths which cross. The ball is passed from one player to the other thus changing the direction of attack suddenly. Normally, the players involved pre-arrange the move. To execute a scissors, the players should start as far from each other as possible. The players with the ball (the passer) makes a hard "cut" for the outside gap. As he starts his break, the player outside him (the receiver) makes a hard "cut" to the inside so he will cross behind the passer. Just before the receiver crosses behind, the passer lobs the ball to him. It is essential that the ball is passed before the receiver crosses behind. If this is done, the passer is able to see the receiver throughout the play.

An alternative method of transferring the ball is for the passer to put the ball on his outside hip in order to hide it from the defenders. The receiver merely picks the ball off the passer's hip. The passer continues to run to the outside gap as though he had the ball.



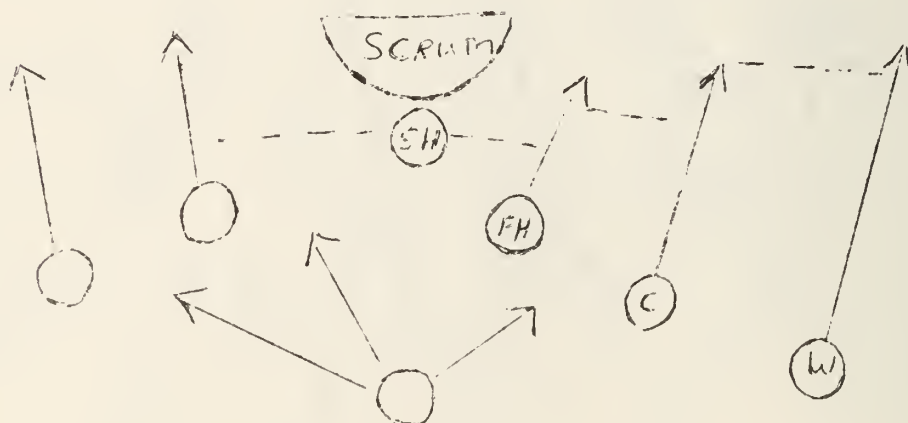
7. The Fake Scissors

The fake scissors can be a useful attack method if attempted after a successful scissors movement. To execute the fake scissors, the participating players perform a "scissors" movement. If the scissors movement is faked convincingly, the defenders will attempt to counter it or will hesitate, thus creating an opening. The passer keeps the ball and bursts through the outside gap. Meanwhile, the receiver continues to fake a break to the inside.

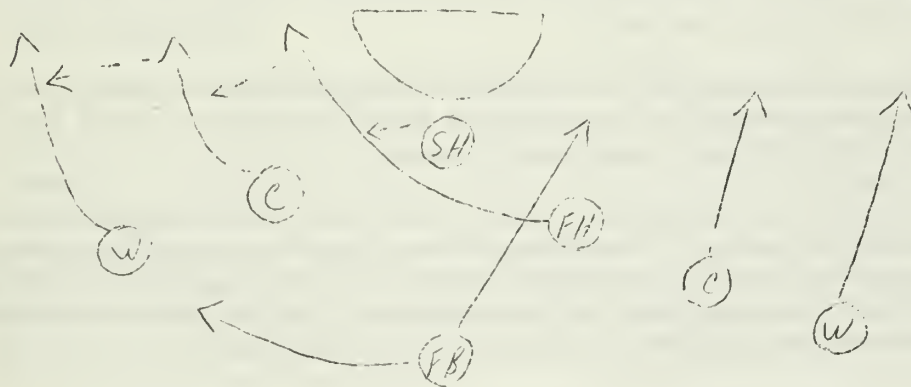
8. Center Field Scrum

When a center field scrum occurs it is advisable to "split" the backs as shown in the diagram. This gives the attackers room to operate whereas, a standard formation would overcrowd one side of the field and leave the other side virtually empty. "Splitting" the backs also creates some doubt in the defender's minds as to which side of the scrum the attack will come.

The first diagram shows the "split" formation with the fly-half breaking to the strong side and receiving the ball from the scrum-half. Note, an alternative pass can be made to the center on the weak side. In this instance, the strong side backs would run their regular pattern long enough to draw the opposing backs away from the point of attack. This diagram also shows the most common points for the fullback to come into the attack.

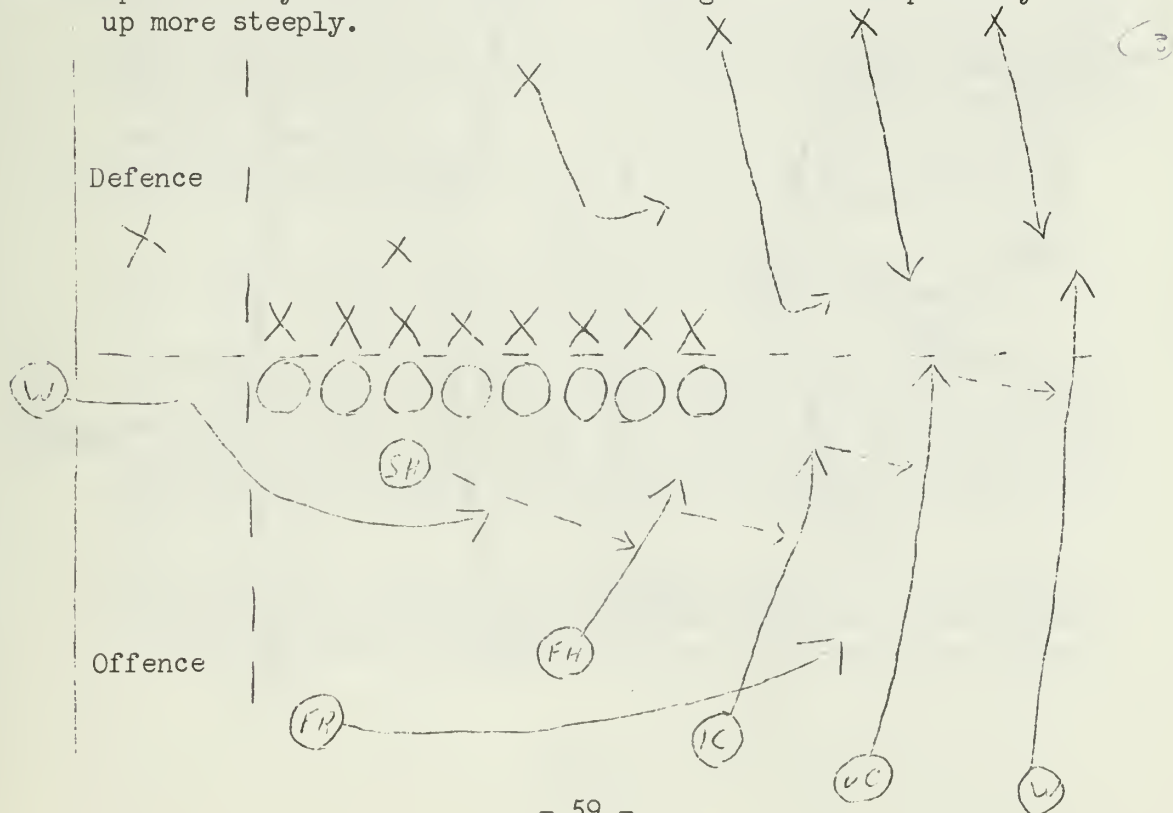


The second diagram shows an alternative method of attack where the fly-half cuts close behind the scrum to receive a short pass from the scrum-half. The fullback may participate in this attack by filling the gap between the weak side center and winger or may run to the strong side to draw the defence to that side.



9. Line-out Formation

The following diagram shows the standard offensive and defensive positions for a line-out at mid-field. When a line-out is held inside a team's twenty-five yard line, the backs would be lined up in a very flat line. The attacking team would probably line up more steeply.

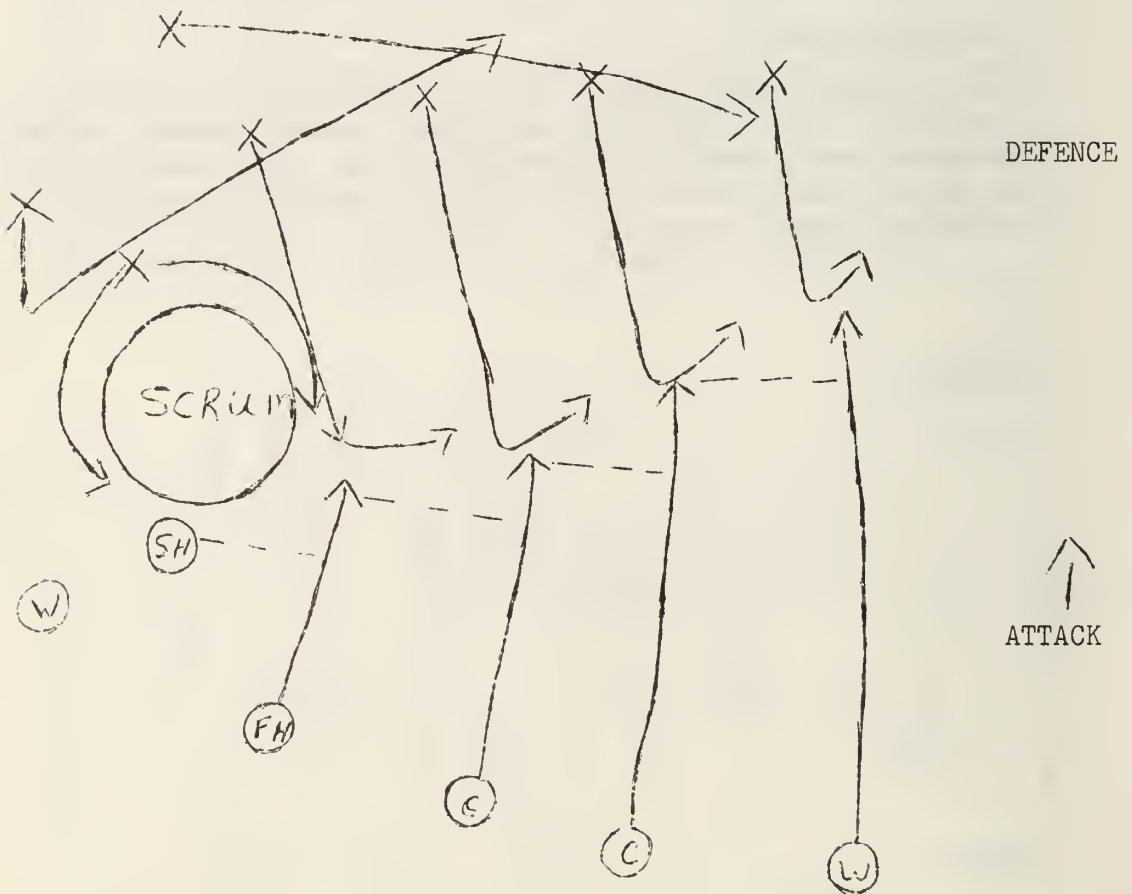


THE BACKS IN DEFENCE

The most important factor in team defence for the backs is positioning. If the opposition backs are likely to get the ball or if the team is inside its twenty-five yard line, the backs must line up in a shallow or flat line so they can get to the opposing backs quickly.

While it is important to get to the opposition quickly, it is more important that the line be kept straight. If the line is not kept straight, gaps will appear.

The approach is usually made so each back keeps inside his opposite number. This forces the attack to the outside which tends to keep the attackers behind the advantage line. It also reduces the chance of an inside break. In effect, this approach reduces the options available to the attackers.



THE KICK-OFF

The kick-off is a unique play as it may be used as an attacking move by either the kicking or receiving team.

1. The Kicking Team

The kicking team usually uses the kick-off to force the receiving team into a defensive loose scrummage. This is accomplished by lofting a high kick to the receiving team so that one of the forwards is tackled in possession. The attacking forwards (kicking team) can then participate in a loose scrum while moving forward as a unit, which is the most favourable circumstance. The defending forwards (receiving team) must check the forward rush of their opponents while moving backwards or while moving laterally. Occasionally, the attacking forwards will gain possession of a loose ball.

The other method of attack for the kicking team is for the kicker to surprise the receiving team by kicking the ball to the open side away from the defenders' strength.

2. The Duties of Players on the Kicking Team

The Props (P), Locks (L), Number 8 and Blind Side Wing Forward (BWF) form an arrowhead formation in which the positions closely resemble the normal scrum positions. As the ball is kicked, they rush the receiving forwards. The object of this rush is to tackle the receiver and force a loose scrum or to attempt to catch the ball before the receiving team.

The fly-half (FH) should be positioned near the center of the field. This means he usually takes the kick-offs.

The kicker is flanked by two forwards, the hooker (H) and the open side wing forward (OWF). The hooker's chief duty is to execute the surprise kick away from the main body of forwards. The wing forward runs straight downfield after the kick to mark and tackle the fly-half or harass the centers if they get the ball.

The scrum-half follows up, behind the main body of forwards, to be ready for a loose scrum, should one be formed. The centers (C) take up normal defensive positions. The open-side winger

(OW) starts on the ten-yard line. If the ball is kicked away from him, he will be in position for attack or defence. If the ball is kicked to his side (the open side) he follows the kick at full speed. The blind-side wing marks the blind side touchline, midway between the twenty-five and halfway lines, ready for a return touch kick from the defence. The fullback lines up behind and inside the blind side wing so he can move to the open side if the opposition starts an attacking movement there.

3. The Receiving Team

The receiving team should always attempt to carry the ball into the kicking team's territory by using a passing movement. This will give the team the feel of the ball and puts them in an attacking frame of mind. A kick to touch should only be used as a last resort to avoid being caught in possession. Kicking to touch only gives the opponents an opportunity to launch an attack from a line-out.

4. The Duties of Players on the Receiving Team

The forwards spread out in a scrum formation between the ten and twenty-five yard lines. The front row forwards vary their positions slightly as the hooker (H) lines up directly opposite the kicker, the blind-side prop (P) on the five yard line, and the open-side prop (P) stands halfway between them. This group of front row forwards should always line up about two yards behind the ten-yard line so they do not have to move back to receive the ball.

The locks (L) line up in the gaps between the front row forwards about seven yards back. The number 8 lines up in the space between the two locks about seven yards farther back.

The touchline is guarded by the blind-side wing forward (BWF) who lines up on the five-yard line even with the number 8.

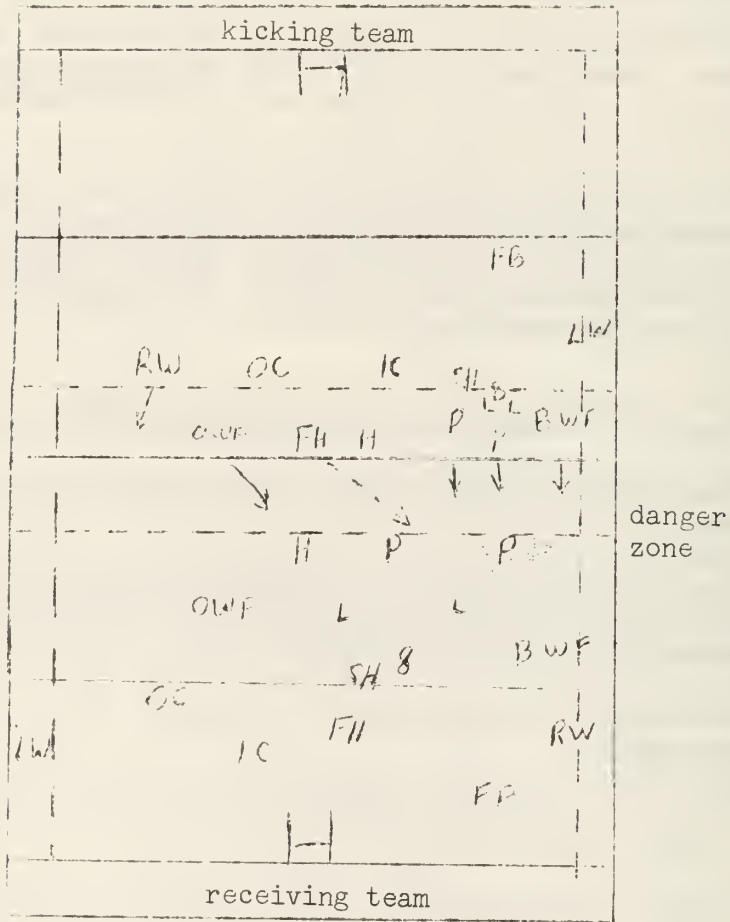
The scrum-half lines up behind the scrum so he can receive a pass from either the lock (L), the number 8, or the blind-side wing forward (BWF). The fly-half (FH) and inside center (IC) line up in their usual positions outside him. The outside center (OC) lines up slightly in front of the other backs to cover the space outside and behind the open-side wing forward (OWF). The open-side wing (W) covers the open-side touchline.

On the opposite side of the field, the blind-side wing (BW) lines up behind the twenty-five yard line close to the touchline. The fullback (FB) lines up behind and inside the open-side winger so he can move across the field if necessary.

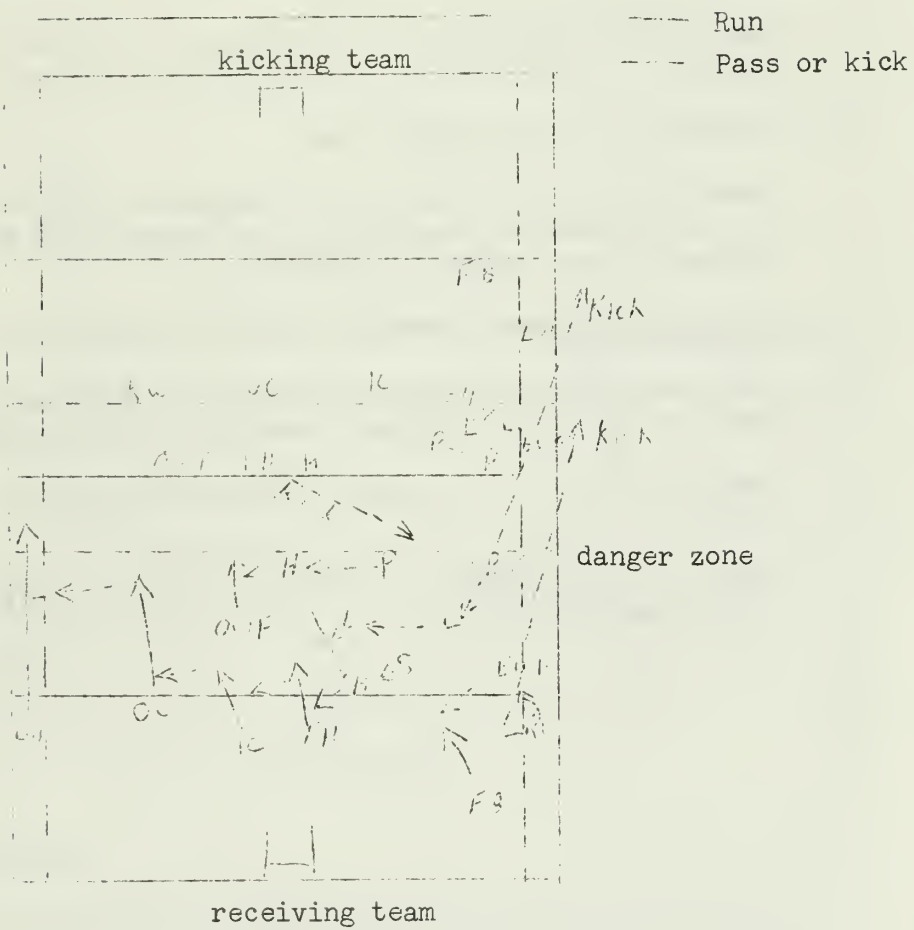
5. Points to Remember

1. Each forward is only responsible for the area in front of him. Therefore, he should never run back to receive the ball. A ball which is that far behind is the responsibility of the forward behind him.
2. The ball must be passed out to the backs as quickly as possible while they still have an open field. Therefore, when a forward catches the ball, he must pass it immediately. If he takes time to run with it, the defence will have time to cover the movement.
3. When a player receives the ball, all players who are close enough to receive a pass must ensure they are behind him.
4. When receiving a pass, all players must take it at full speed.
5. When the blind-side prop receives the ball, all forwards must race to assist him as soon as they see the ball is travelling in his direction.
6. Whatever the receiver does, he must do it with determination and speed.

KICK-OFF POSITIONS



KICK-OFF TACTICS FOR THE RECEIVING TEAM



THE PENALTY KICK

1. Kick for Touch

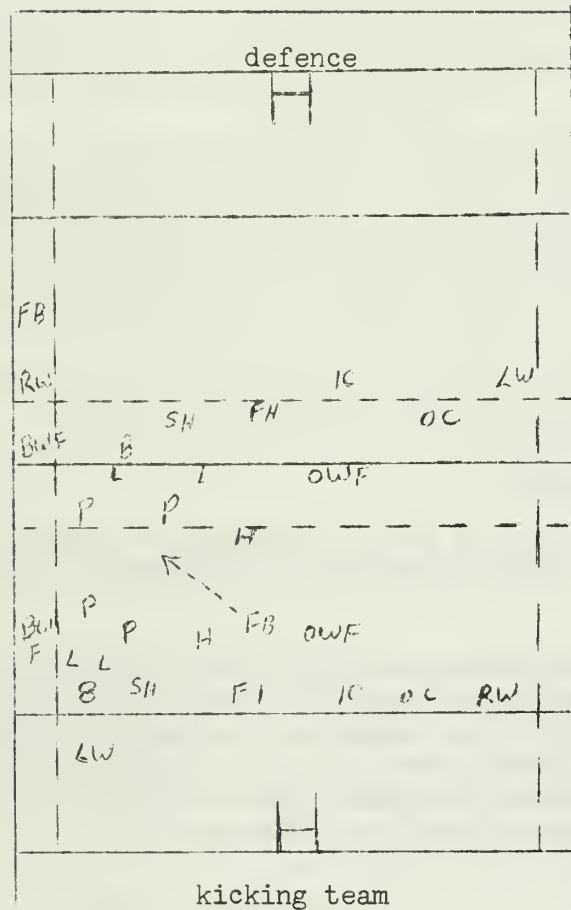
The players should be placed in a manner similar to the one illustrated in the diagram. The kicking team must do several things:

- a) get on-side quickly so the kicker may kick the ball without delay;
- b) be prepared for a return kick;
- c) once the kick is taken, every player must follow up quickly so the opposition does not have an opportunity to start an attack or do a "quick" line-out.

The receiving team must cover the field in order that:

- a) the kicker cannot place the ball in an open spot so his team recovers it or forces a defensive loose scrummage;
- b) they can launch an attack if the kick does not go into touch;
- c) they are in position to participate in a line-out if the ball goes into touch.

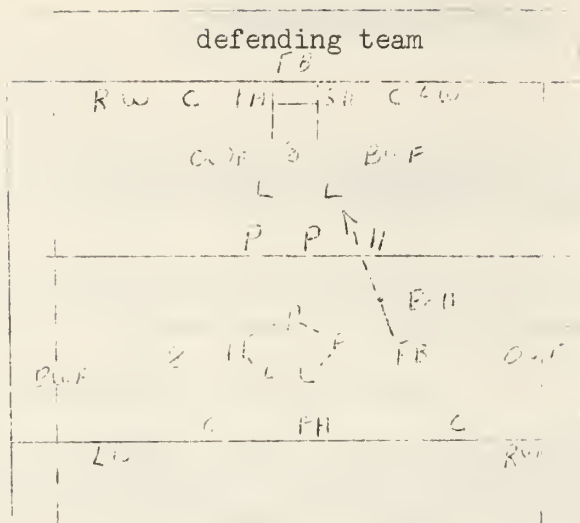
PENALTY KICK FOR TOUCH



2. Kick at Goal

When a kick at goal is attempted, the attacking team must follow up the kick as though it were going to miss. The aim of this rush is to recover the ball or to force a defensive loose scrummage on the opponents.

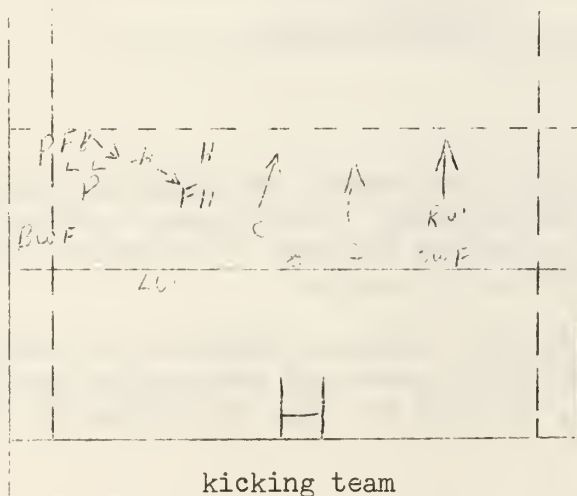
The defending side must position themselves so they can retrieve any kick which misses and either start an attacking passing movement, or clear the ball by kicking for touch.



3. Short Penalty Kick

The short kick is used when the kicking team must keep possession of the ball in order to score or to prevent the opponents from scoring.

The kicking team must get into position quickly and execute the kick before the defence gets set. The ball is tapped by the kicker, who picks it up and relays it quickly to the scrum-half. The scrum-half then passes to the fly-half and the backs who attempt an attacking movement. Alternatively, the scrum-half may turn the attack back to the forwards.



THE TWENTY-FIVE YARD DROP-OUT

The drop-out follows the general pattern of the kick-off, except the receiving team lines up closer to the opposition. This is done because the ball does not have to travel ten yards, but has only to cross the twenty-five yard line.

The attacking side must not delay taking the kick. Every attempt must be made to turn the drop-out into an attacking move. This is best done by catching the opposition unawares. The attacking team must make every effort to regain possession due to the proximity of its goal line. This is especially true if a kick is made to the open side.

The defending team lines up in a formation similar to the one used for a kick-off. The hooker should stand directly in front of the kicker in an attempt to block the kick.

T E A C H I N G H I N T S

One of the falacies which plague teachers of rugger is that Canadian boys have great difficulty in learning the game because it is entirely unfamiliar to them. While it is true that few Canadians are familiar with the fine points of the game, most boys are familiar with such fundamentals as: running, catching, kicking, dribbling, and tackling. In fact, Canadian boys enjoy the advantage of an intensive background in games which involve handling a ball with the hands.

When teaching team skills such as the line-out, it is wise to draw as many parallels with other games played by Canadians. The line-out has several features which are similar to certain aspects of the jump ball in basketball. There are also some similarities between the off-side rule in rugger and soccer.

Some teaching hints which may be useful in teaching some of the unique features of the game follow below.

1. Do not try difficult moves until some progress has been made in the fundamentals of the game. The secret of success at rugger is to do the simple things well.

2. Much valuable instruction can be given in the course of a practice game. The teacher should be prepared to stop the game whenever it is necessary to point out an error or a success. Use a special signal to distinguish it from an ordinary infringement. The interruptions should be brief and infrequent. Make sure the techniques are correctly maintained in the excitement of the game.

One of the most difficult skills to teach is that of scrummaging. If proper scrummaging techniques are not used then it is unlikely that a team will be able to get a "clean" ball. The end result of this would be chaos and the game would degenerate into a thirty man ruck or "maul". If set scrummaging is mastered, it will do much to ensure success in line-outs and loose scrummages. This means successful back movements and tries. With this in mind, the following hints are suggested as a means of facilitating the task of teaching the scrummaging skills.

1. Allot the positions, then, pack the players down, row by row against a scrummaging machine. If a scrummaging machine is not available, the scrum can back against a blocking sled or three players standing with their backs to the scrum. The front row goes down first, making sure they are tight and low with the hips together. Next, the second row locks bind together and on to the front row. Finally, the wing forwards and number eight bind in.

Make sure that each man binds correctly, his feet are correctly placed, he knows the direction he must push, and that he is comfortable.

2. Arrange the pack so it is pushing against three opponents standing with their backs to the scrum. On command, the scrum pushes against the opposition who resist as much as possible.
3. Repeat the same drill, but allow the scrum-half to put the ball in. The scrum should push until the ball comes out the back of the scrum.
4. Two complete scrums form up, come together and push against each other. This drill can be turned into a competition by drawing a line midway between the two front rows. The

scrum which pushes its opponents' front row away from the line is the winner. It may be necessary to use less than the normal eight forwards at first if stability problems are encountered.

5. Use the previous drill but have a scrum-half put the ball in. The scrums must give a sudden, low, hard push to gain possession. The emphasis should be on this push and not on the hooking.

There is no doubt that the correct method of passing the ball, that is, with a swing, is difficult to master. This is largely due to the fact that players are asked to pass off the wrong foot. The only trick available is to practice passing and receiving for a long period of time.

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